

★ ★ ★  
NATIONAL  
**HEALTHCARE  
DECISIONS**  
DAY



We're here to help you  
legally document your  
healthcare wishes

TALK WITH YOUR LOVED ONES TODAY



**Since today is National Healthcare Decisions Day, I want to take this opportunity to talk with you about my decisions for healthcare if I'm ever in a situation where I can't speak for myself."**



**Do you know?** Which healthcare treatments would you want and not want if you couldn't speak for yourself?

**Do others know?**  
We're here to help you legally document your healthcare wishes



# **Today:**

**Discover the value of  
advance care planning**

**Learn how to talk about  
your future healthcare  
decisions**

**Understand how to  
document your healthcare  
decisions using advance  
directives**

**Encourage others to  
honor National Healthcare  
Decisions Day**





## **ADVANCE CARE PLANNING**

- Learn about treatment options
- Think about your values
- Talk about your decisions
- Document your wishes

## **WHY PLAN AHEAD?**

- Someday, you may be unable to speak for yourself
- You may experience a sudden illness or accident
- Leaving a guide for others helps them make decisions
- Planning provides peace of mind for your loved ones

## **GETTING STARTED**

- Learn about life-sustaining treatments
- Reflect upon your values
- Decide what you want and don't want
- Talk to others

## **QUESTIONS TO DISCUSS**

- What do you want and not want at the end of life?
- Who should speak for you?
- What are your concerns?
- What gives your life the most meaning?
- What one thing do you want to be sure your doctors, family, and friends know about your wishes?

## TALKING ABOUT YOUR DECISIONS

- Creates a valuable opportunity to reflect on what's important with loved ones
- Discussion needs to happen before a crisis
- talking can provide comfort to your loved ones
- It's up to YOU to initiate the conversation

## DOCUMENTING YOUR DECISIONS

- Advance directives document healthcare decisions at the end of life
- Tool to help you think through and communicate your choices
- **The following two legal forms are available:**

### HEALTHCARE POWER OF ATTORNEY

- Document that states who makes medical decisions about your healthcare
- Your authorized person only speaks for you if you can't
- The Healthcare Power of Attorney may be called a:
  - Healthcare proxy or agent
  - Healthcare surrogate
  - Durable power of attorney for healthcare

### LIVING WILL

- States what you want and don't want for medical treatments at the end of life
- May also be called:
  - Directive to physicians
  - Healthcare declaration
  - Medical directive

### YOUR HEALTHCARE AGENT

- Can be anyone 18 or older
- A family member, loved one, or close friend
- Should be someone who:
  - you trust
  - knows you well
  - will advocate on your behalf
  - will honor your wishes

# Important to know:

- Your advance directives should reflect your wishes
- Lawyers are not needed to prepare advance directives
- Documents are not all legally valid in every state
- A witness and a notary may be required
- Advance directives don't expire and can be updated







# The future depends on what we do in the present.”

MAHATMA GANDHI



**National Healthcare Decisions Day** is a collaborative effort of national, state, and community organizations

The day creates an opportunity to communicate and document your future healthcare decisions

Participating national organizations include: ABA, AMA, ANA, APC, NASW, NHPCO, and others

[nhdd.org](http://nhdd.org)



Every moment matters



Scan or call for more information:  
(888) 789-2922