



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



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?

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Today:

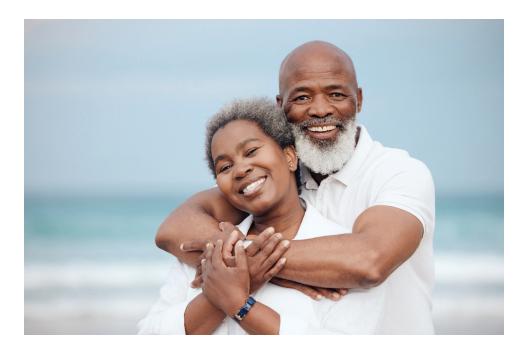
Discover the value of advance care planning

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



Every moment matters



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