



From the desk of our Program Coordinator..... Let's talk!

A Simple Guide to the PROCESS of advance care planning

You need:

- ✓ To obtain an **advance directive** document
- ✓ To **choose** a person as your Health Care Agent to make health decisions for you when you cannot, and **ask** if they would be willing to serve in this capacity
- ✓ To hold several **conversations** with your Health Care Agent about your values, your beliefs, your choices
- ✓ To have **conversations** with your extended family so everyone understands the process - and your intentions
- ✓ To **properly** complete, sign, and have your document witnessed
- ✓ To **distribute copies** of your document to the pertinent people – family members, personal physician, hospital