



PLAN TODAY FOR TOMORROW

FILL OUT AN ADVANCE DIRECTIVE

WHAT IS AN ADVANCE DIRECTIVE?

An advance directive is a written form that tells your family and health care team what you want if you have a serious injury or illness and are not able to speak for yourself.

It lets you choose:

- A medical decision maker who can share your wishes and make health care decisions for you if you are unable to make them yourself
- The kind of medical treatment that you want or do not want

WHY IS IT IMPORTANT TO HAVE ONE?

- You will know that your medical decisions will be respected if you cannot speak for yourself.
- Your family and health care team will not have to guess what you want. If hard choices need to be made, they will be able to make them knowing your wishes and values, with help from the medical team.

I HAVE AN ADVANCE DIRECTIVE.

MY NAME: _____

MY MEDICAL DECISION MAKER(S) IS/ARE:

Name: _____

Phone: _____

Name: _____

Phone: _____

Detach here to keep in wallet

WHEN SHOULD I COMPLETE MY ADVANCE DIRECTIVE?

All adults, regardless of age or health status, should have an advance directive. *Even though it may be unlikely that you will need to use it, completing an advance directive is strongly recommended early in your life.*

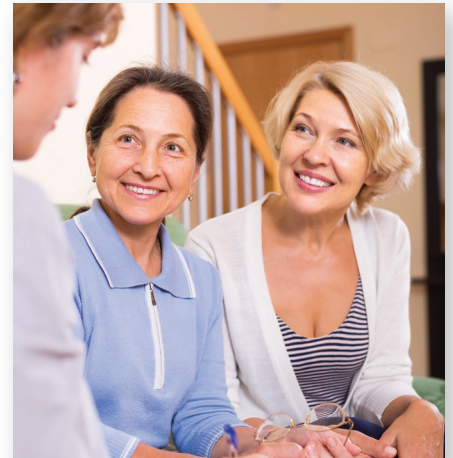
If you already have an advance directive, work with your health care team to have it filed with your health care provider. *Review it regularly to be sure it reflects your current wishes.* You may want to change your advance directive based on any new treatment plans or major life changes.

HOW CAN I GET STARTED?

- Talk to your doctor, nurse or social worker. They can provide the advance directive form and help you and your family understand the important decisions you will have to make when completing the document.
- Inquire about the “Making an Advance Directive” booklet.
- Use “Go Wish” Cards, a tool to help guide the conversation with loved ones (available online at gowish.org).

WHAT ARE THE STEPS TO COMPLETE AN ADVANCE DIRECTIVE?

1. If you are not able to speak for yourself, there are a few things your loved ones and health care team need to know:
 - How you want to live
 - What quality of life means to you
 - The medical care you would want or would not want
2. Share this with the people that are important to you.
3. Talk to your health care team about your wishes. Your team can:
 - Answer your questions about advance directives
 - Help you complete your advance directive
 - File a copy of your advance directive in your medical record
4. When your advance directive is complete, keep it in a place that is safe but easy to get to.
5. Let your medical decision maker know where your advance directive is located.



MAKING AN ADVANCE DIRECTIVE

PLAN TODAY FOR TOMORROW

I have talked to my medical decision maker about my health care preferences.

COPIES OF MY ADVANCE DIRECTIVE ARE WITH:

Name: _____

Phone: _____