

TIPS FOR ADVANCE CARE PLANNING

1



Reflect

on what matters most. Write down your values, wishes and goals for end-of-life (EOL) care. Decide on medical care that is right for you.

2



Discuss

Talk to your doctor. Discuss your medical conditions, upcoming procedures, risks and benefits, and planning documents you should have on file.

3



Document

Create an advance directive documenting your wishes and choose a healthcare surrogate to make decisions for you if you cannot speak for yourself. Video your advance directive to use as a supplement.

4



Share

Communicate your wishes to your loved ones, healthcare surrogate, and doctor about your wishes. Provide copies of your advance directive to everyone involved in your care.

5



Update

Review and update your documents as your situation or diagnosis changes. Share revised information with those who need to know.

For more information, contact

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