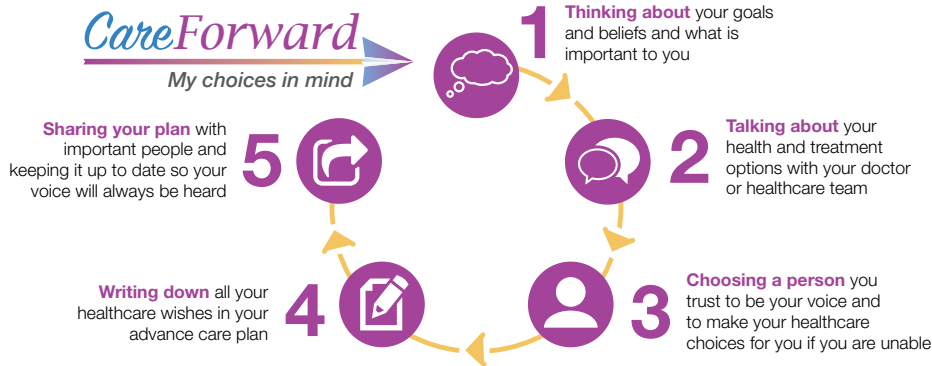


My advance care planning checklist

Use this checklist to help you complete the 5 steps of your advance care planning journey.



Think about your goals and what is right for you

- Ask yourself what kind of medical care you would want—or not want—and keep notes for discussions with your family and care team
 - Think about what you would want people to know if you could not speak for yourself
 - Think about the type of care and treatment you would want—or not want—and where you would want to receive this care

Talk with your healthcare providers about your health and treatment options

- Ask questions during checkups and other visits
 - Ask about your current overall state of health and about health issues that could affect you someday
 - Ask about available treatment options, and have your doctor explain the risks and benefits of each

Choose your healthcare decision maker

- Select someone you trust to be your voice and to make your healthcare choices for you
 - Discuss your values and healthcare wishes with your healthcare decision maker
 - Tell your doctors and family whom you've chosen to be your healthcare decision maker

Write down all your healthcare wishes in your advance care plan

- You may need to record your wishes in a living will and a durable power of attorney for healthcare
 - Be sure to use the documents that are legal in your home state
 - Have the forms signed and witnessed (or notarized)

Share your plan with the important people in your life

- Make several photocopies of your signed and witnessed (or notarized) advance care plan
 - Give a copy to anyone who might be involved with your healthcare
 - Keep the original documents in a safe place where others can easily get them if needed

Notes:
