April 16th

Have you signed yours?

National Healthcare Decisions Day is observed annually on April 16th and is aimed at increasing the number of Americans who have completed an Advance Directive.

Experts say only about 20-30% of Americans have completed an advance directive, even though all people age 18 and older should have one.

Making decisions ahead of time and putting your wishes in writing brings peace of mind to families, alleviates unnecessary suffering, improves quality of life and reduces the stress and burdens placed on families when forced to make healthcare and end-of-life care decisions on a loved one’s behalf.

These conversations are best had around the kitchen table, not in the ICU.

Visit theconversationproject.org to start your conversation today!

Advanced Care Planning Checklist

There are many steps you can take to keep the conversation going!

- Make a list of the 3 most important things you want you loved ones to know about your end-of-life wishes
- Think about who you would want to make medical decision on your behalf if you were unable to speak for yourself
- Plan when and where you will have these conversations
- Make a list of questions for your doctor
- Fill out an Advance Directive to record your wishes and legally appoint an agent to speak on your behalf
- Make copies of your Advance Directive and give them to your agent, doctor and anyone else you would like to know your wishes
- Review you Advance Directive at least annually to make sure it still fits your current wishes
- Talk with those close to you about your wishes and encourage them to discuss their wishes as well