



# NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

## April 16th

### Have you signed yours?

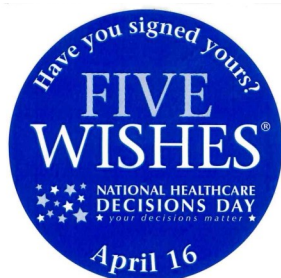
National Healthcare Decisions Day is observed annually on **April 16th** and is aimed at increasing the number of Americans who have completed an Advance Directive.

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](http://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