

## Who will make health care decisions for you if you can't?

Advance care planning makes sure that those decisions are guided by you.

It is the process of reflecting on wishes, values and goals; designating a person to make decisions for you when you cannot; documenting your choices in an Advance Directive and sharing them with your loved ones and health care providers.

### Who is it for?

Sudden accidents or events can happen to anyone at any time. ACP is for everyone over 18, regardless of health.

There are 3 steps to advance care planning

### First



**Decide on a health care agent who will only make medical decisions if you cannot.**

A health care agent **should**:

- 1 Agree to the role
- 2 Talk about your goals, values, and preferences
- 3 Follow your decisions - even if they don't agree
- 4 Make decisions in difficult moments

### Next

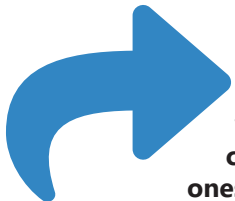


**Name them in an advance directive with information that will help guide your care.**

**It's important to write down your goals, values, and preferences** so others who may need to make health care decisions for you know what to do.




*You can always change your advance directive, including your health care agent.*

### Then



**Don't forget to share decisions with your health care agent, loved ones, and providers.**

**Honoring Choices PNW is here to help you:**

-  Talk About It.
-  Write It Down.
-  Share It Around.

# Reflection Guide



This guide is to help you think about what is important to you as you decide future health care choices and share them with others.

AN INITIATIVE OF



Washington State  
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**QUALITY OF LIFE** How do you define a good life? What do your best days look like? What brings you joy and is important to you? What helps your emotional, physical, material, and social well-being?

Examples may include: being able to communicate, being independent, living without pain, playing golf or shopping, keeping a specific promise.

**COMFORT & PEACE OF MIND** What would be important to you towards your end of life? Where would you want to be? Who would you want to be with? What would you want to surround you?

Examples may include: being at home, having family visit, listening to favorite music, having a priest visit, not being a physical burden on anyone.

**INSTRUCTIONS FOR HEALTH CARE AGENT** What does your health care agent need to know? Are there cultural, religious, or spiritual beliefs which should guide medical and other decisions?

Examples may include: opening a window so soul can ascend, celebrating life, preferences around blood transfusions and pregnancy.