

Planning Ahead Can Be a Gift

A plan . . .

- Can be made at any time in your life.
- Gives you and your loved ones peace of mind.
- Helps prevent questions, confusion, and disagreements among family members.
- Advises healthcare providers what you want if you are unable to speak for yourself.

Think, Decide, Communicate and Document

- Write down your care wishes and preferences while you are able.
- Talk with family members about your living will or advance directive.
- Decide who will be responsible for making decisions if you cannot.

A Lack of Planning Has Economic Consequences

- Unnecessary medical expenses for treatment, hospital stays, and nursing homes.