

A Good Day Tomorrow Starts With A Good Talk Today



Car accident, virus, stroke. No matter what happens tomorrow, you can have a say in your care. **We're here to help.**

Advance Care Planning means being prepared if you were very sick or injured and could not speak for yourself. Other people would have to make decisions about your health care.

Why is it important to plan?

It's Your Choice

If you don't choose someone to make decisions for you, Virginia law will. And, it may not be the person you would want. For example, an estranged spouse or family member could be called on to make decisions for you.

It's a Gift

People who know what their loved one would want them to do have an easier time making hard decisions.

It's About Getting the Care You Want

You are the expert on you. When you tell other people what is important to you, it helps them to get you the care you want even if you can't speak for yourself.

Life's Unpredictable

We can't anticipate everything. A good advance care plan helps prepare others to give you the care you want, even in situations that you can't imagine or that aren't written about in an advance directive.

How do I get started?

1

Start thinking

Think about what you've learned from times when you or someone you knew was seriously ill, and what gives your life meaning. The things that are important to you can help you decide what kind of care you want in the future.

2

Talk with others

By talking to your chosen decision makers, your health care providers, and other people in your life about what's important to you, **you can help prepare them to get you the care you want.**

3

Write it down

You can make sure you get the care you want by making a legal document called an advance medical directive. This allows you to name your own decision maker and clearly communicate your wishes.

4

We can help

Honoring Choices Virginia provides free assistance with planning, including advance directive reviews and appointments to help create new plans and prepare your decision makers.

Contact Us by emailing honoringchoicesvirginia@ramdocs.org to learn more.



Honoring Choices® Virginia works to give all Virginians access to quality **advance care planning** and to make sure their wishes are honored in the delivery of care.