

# After Your Conversation



Once you've met with your facilitator, follow these

## 5 Important Steps

to make sure that your wishes will be honored by those caring for you.

### 1 Finish Your Advance Medical Directive

If you did not finish your advance medical directive (AMD) with your facilitator:

Add your primary and secondary health care agents' contact information in Section I, after you've talked to them.

Check the box next to your choices in Section II and III. Talk with your facilitator about how to write down any specific wishes.

Find two people who are not your health care agents to witness to your signature.

Draw a line through any spaces that you leave blank, and sign your initials.

### 2 Talk to Your Health Care Providers and People Close to You

Tell your decision makers and those close to you about your wishes, or schedule another appointment to include them.

#### Your health care agents need to know:

- Their responsibilities (share information from the Getting Ready to Make Your Plan guide)
- What's most important to you when making decisions about your care (share your facilitator's notes)

#### Your health care providers need to know:

- About your advance medical directive (bring them a copy)
- Any questions you have about your care
- Any medical treatments that you do or do not want, such as CPR

#### Other important people in your life need to know:

- Who you have chosen as your health care agents
- How you want them to support you and your health care agents
- Any other important decisions you have made in your plan

### 3 Store and Share Your Plan

Make sure that your advance medical directive can be easily found in an emergency.

- If you would like us to send your directive to local hospitals, sign the bottom of the cover page of it and send it to Honoring Choices Virginia.

Make copies for those who need it:

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*your health care agent(s)*

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*your medical provider(s)*

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*any hospitals that you have ever visited*

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*other people close to you*

Make a copy to keep at home.

Make a copy to have “on the go” or **print a wallet card from the HCV website.**

### 4 Think About Making Other Plans or Arrangements

You may need to make other arrangements to support your plan. Read more in the *Because I Love You* guide.

**Make a will or other legal plans** for your finances, dependents, and belongings.

**Learn more about the options available for long-term care**, like nursing homes or in-home care.

**Make end-of-life plans**, like your obituary and funeral arrangements.

### 5 Revisit Your Plan Often

Your wishes and needs may change over time. Look at your directive and talk with your health care agents often, and every time you experience one of the “5 Ds”:

- **Death** of a loved one
- **Divorce**
- (new health) **Diagnosis**
- **Decline** in health
- (every) **Decade**



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