



Free Advance Care Planning Support

Our team of trained experts offers free assistance with **advance care planning** and **advance medical directives** for all Virginians.



Planning Appointments

We offer free appointments to help you create an advance care plan, talk to your chosen health care agents or loved ones, and complete an advance medical directive.



Document Review Appointments

We offer free appointments to review any existing advance medical directive. We can also help you update your advance medical directive.



Help for Health Care Agents/POAs

We can help health care agents/POAs with questions related to this role and how to protect a loved one's wishes.



General Help

Got another question, like determining decision making capacity, Do Not Resuscitate Orders, or planning for specific medical conditions? **We can help.**

To talk to someone on our team or make a free appointment:

804-205-9772 | honoringchoicesvirginia@ramdocs.org | www.honoringchoices-va.org

Planning and Document Review Appointments

Our team can help you create a new advance care plan or review an existing one.

Creating a good plan involves more than completing an advance medical directive—it starts with a conversation. Our team will ask questions to clarify what's important to you about the care you receive and go over any existing advance medical directive with you. We will then help you create or update an advance medical directive that expresses your wishes. We always encourage bringing your health care agents with you so that they understand your wishes and are prepared for their role.



Appointment Cost

Appointments are **always free**.



Appointment Length

Planning appointments last, on average, **60-90 minutes**. **Document review appointments** are closer to **30 minutes**. Length of appointment can vary based on your unique needs.



Appointment Times

Appointments are available **Monday-Friday**. Appointments can take place via video conference or in-person at our office in west Henrico County.

What is Advanced Care Planning?

ACP 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.

What is an Advanced Medical Directive?

In Virginia, this legal document is used to write out your advance care plan. It lists your (1) healthcare agent and (2) your wishes related to any test, treatments, or procedures. Used only if you are unable to speak for yourself.

What Does a Health Care Agent Do?

Your health care agent is a person in your life that you trust to make medical decisions for you if something happens and you cannot make decisions yourself.

Schedule your **free appointment** today:

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