

Name: _____ Date: _____

1. Write down 2-3 health care agents. A health care agent is someone who can make decisions in difficult moments. This should be someone who supports your goals, values, and preferences and who will follow your choices, even if he or she does not agree with them.

2. What experiences have you had with someone you know, who has had a sudden illness or injury and was unable to communicate? What did you learn from those experiences?

3. What gives your life meaning? If you were having a good day, what would happen on that day? Who would you talk to? What would you do?

4. What cultural and spiritual beliefs do you have that may influence the care you would like to receive? How can your health care agent and your medical care team support these practices?

5. Imagine this scenario: A sudden event, such as a car accident or sudden illness leaves you unable to communicate. You are receiving all the care needed to keep you alive. The doctors believe that there is little or no chance. Say less than 5% you will ever recover the ability to know who you are or who you are with.

Would you want to continue the life sustaining treatment? Or would you prefer the care focused on keeping you comfortable without using medical interventions to keep you alive?

6. Now it's time to complete your advance directive. Share your completed advance directive with your health care agent, medical provider and loved ones.

7. Remember to review your advance directive every year. Revise your advance directive if: There has been a change in your health status such as a new diagnosis, marriage, divorce or change in health care agent.