

ADVANCE CARE PLANNING

Talk to Your Substitute Decision Maker(s)



THINK

about what's right for you.
What's most important to you about
your future health care.



LEARN

about the legal framework for Substitute
Decision Maker(s) and who can speak on
your behalf if you are
mentally incapable to do so.



DECIDE

who will be your Substitute Decision
Maker(s). Someone who is willing
and able to speak for you and understands
your values and wishes.



TALK

about your wishes with your Substitute
Decision Maker(s), your family,
your friends,
and your health care providers.



RECORD

who your Substitute Decision Maker(s)
is/are. If you like, write down,
audio or video tape your wishes that will
guide your SDM(s).