



You have filled out your advance directive. Now What?

Completing an advance directive is the first step toward having your end-of-life wishes honored. After you have filled out your living will and/or healthcare power of attorney:

Talk to your family and friends.

- ☞ Ask permission to have this conversation, as people cope with end-of-life issues in many ways.
- ☞ Find a quiet, comfortable place that is free from distraction to hold a private conversation.
- ☞ Tell them exactly what your choices for treatment would be if you were faced with a life-limiting illness.
- ☞ Tell your loved ones who you have named as your healthcare decision maker.

Talk to your doctor.

- ☞ Talk to your healthcare providers about your wishes. Tell them what medical treatment you want and do not want at the end of life.
- ☞ Tell your doctor who you have chosen to be your healthcare decision maker.

Make copies of your advance directives.

- ☞ Keep the original documents in a safe and accessible place, and tell others where you put them.
- ☞ Do not keep your advance directives in a safe deposit box; other people need to see them.
- ☞ Give copies to your healthcare decision maker.
- ☞ Give copies to your doctors and other healthcare providers.
- ☞ Contact your local hospital, as they may be willing to file your advance directives.



For more information on advance care planning, visit www.caringinfo.org.

The following brochures are available to help you learn more about end-of-life care issues and advance directives. For a free copy call the HelpLine at 800-658-8898 or visit www.caringinfo.org:

- ☞ Conversations Before the Crisis
- ☞ Artificial Nutrition and Hydration
- ☞ Questions and Answers: End-of-Life Decisions
- ☞ Questions and Answers:

Information is also available on the following topics:

- ☞ Talking about end-of-life wishes
- ☞ Caregiving tips
- ☞ Paying for long-term care
- ☞ Learning about hospice and palliative care
- ☞ How to talk to your doctor about pain
- ☞ Supporting someone who is grieving

www.caringinfo.org • HelpLine 800.658 8898 • HelpLine 877.658.8896

