

Advance care planning (ACP) is planning future health care decisions.

First



Decide on a **health care agent** who will only make medical decisions if you cannot.

A health care agent **should**:

- 1 Agree to the role
- 2 Talk about your goals, values, and preferences
- 3 Follow your decisions - even if they don't agree
- 4 Make decisions in difficult moments

Next



Name them in an **advance directive** with information that will help guide your care.

It's important to write down your goals, values, and preferences so others who may need to make health care decisions for you know what to do.

You can always change your advance directive, including your health care agent.

Then



Don't forget to **share decisions** with your health care agent, loved ones, and providers.

Honoring Choices PNW is here to help you:



Talk About It.



Write It Down.



Share It Around.

Advance care planning makes sure that those decisions are guided by you.



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