

# NHDD Talking Points

## National Healthcare Decisions Day (NHDD) is April 16

Here are some talking points for promoting the day.

### Messages

- Advance care planning is for anyone over the age of 18.
- Advance care planning is a way to ensure you get all the healthcare you want – and none you don't want.
- The process may not be easy, but it is as simple as talking, writing, and sharing.
- The first step is having a conversation about values and preferences.
- Talking about future health care decisions doesn't have to be scary.
- Use this national day to engage in the process.

### Phrases to Use

- "Bad things happen unexpectedly all the time. It's important to share what's important to you."
- "Advance care planning puts you at the center of your health care – even when you aren't able to advocate for yourself"
- "We want people to do 3 things: talk about it, write it down, share it around."
- "Without a conversation, people are less likely to get the care they want, where they want. And family is likely to have more guilt and stress."
- "Advance care planning is about how you want to live, not how you want to die."
- "Attend the event <provide details>, connect with us <provide contact info>, or learn more <provide website, you can use CelebrateNHDD.online>."

### Please avoid

- Focusing solely on death.
  - We want to emphasize the positive attributes of planning.
- Imploring to "get it done."
  - We want to give people space, knowing that it is a process which can take time.
- Zeroing in on document creation.
  - Both the conversation and document are valuable.
- Criticizing other approaches to end of life information and activity (e.g. death with dignity, death doulas, etc.).
  - We want to change the culture at large; many approaches are needed to resonate with different people.