

# HealthReach Community Health Centers

November 2018

## Advance Care Planning

***90% of people say talking about end-of-life care is important but only 30% of people actually have completed an advance directive!***

Advance Care Planning involves making decisions about the care you want to receive if you become unable to speak for yourself. It allows you to:

- ◆ Have conversations
- ◆ Talk with your provider
- ◆ Remove stress from yourself and loved ones
- ◆ Keep important documentation about your wishes
- ◆ Change your wishes over time as your health changes



*Remember to keep Advance Care Planning documents handy and give copies to people involved in your care!*

**Resources:**

<http://www.themha.org/policy-advocacy/Issues/End-of-Life-Care/advdirectivesform.aspx>  
<http://www.talkaboutwhatmatters.org/documents/Providers/PSJH-Serious-Illness-Conversation-Guide.pdf>  
<https://www.maine.gov/ems/documents/EMSDNRDirective.pdf>  
[https://www.americanbar.org/content/dam/aba/administrative/law\\_aging/tool6.authcheckdam.pdf](https://www.americanbar.org/content/dam/aba/administrative/law_aging/tool6.authcheckdam.pdf)