

Advance Care Planning: What is right for me?

Healthy
adult

- 1) Choose a healthcare Agent using a Durable Medical Power of Attorney (MDPOA).
- 2) Have conversations with your agent and loved ones about what matters to you in case of emergency.

Adult with
chronic or
serious
illness

- 1) Complete everything in the green box.
- 2) Revisit past conversations and update loved ones of changing preferences.
- 3) Ask your provider if a MOST form or CPR Directive is right for you.

Adult
with
terminal
illness

- 1) Complete everything in the green and orange boxes.
- 2) Communicate clearly with everyone involved in your care, including your provider, about your end-of-life wishes.