

A Checklist for Your Planning

to ensure health care and financial arrangements are in place before serious illness or a health care crisis.

Source: National Institute on Aging:

www.nia.nih.gov/health/infographics/getting-your-affairs-order-advance-care-planning



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Do You Need Resources for Advance Care Planning?

We Can Help!!



- Start discussions early** so that everyone can participate in decisions and planning.
- Create documents that communicate health care, financial management, and end of life wishes**, with legal advice as needed.
- Review plans regularly**, and **update** documents as circumstances change.
- Put important papers in one place.** Make sure a trusted family member or friend knows the location and any instructions.
- Make copies of health care directives** to be placed in all medical files, including information on every doctor seen.
- Give permission** in advance for a doctor or lawyer to speak directly with a member of your support system as needed.

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