

# Advance care planning

Advance care planning is making decisions now, so your family and care team know your future wishes if you're unable to speak for yourself. Having clear written documents in place can provide peace of mind for your loved ones and help the members of your care team to all be clear about what you want.

## Terms to know:



Advance directives—written instructions that let others know the care you want. This may include a living will and a medical power of attorney.



Living will—a written document that shares the specific medical care you would like to receive in certain situations and any medical interventions you would want.



Medical power of attorney (also called durable power of attorney)—a legal document that names the person you want to make your care decisions if you can't. If you don't have this document, some states have a way for family members to make decisions for you. However, some states will not automatically allow this.



## Check your state rules

Forms and rules vary among states. Organizations like your local Department of Human Services, Social Services, Aging Services, or Area Agency on Aging may be helpful resources.

A social worker, or an expert like a lawyer, might also be helpful but not necessary to complete these documents.



## We're here to help

Ask your care team for help starting your advanced care plan.