



Advance Healthcare Planning Guide

- ✓ **Advance Care Planning** – a process for **adults at any age or stage of health** (with decision-making capacity) to understand and share personal values/wishes regarding **future** medical care. We hope to be in good health but don't know what the future brings. By preparing now, it can be easier later for ourselves and those who matter. When you haven't made your wishes known, others such as your medical providers have to guess as to what you would want and what is most important to you.
- ✓ There is no 1 standard form to complete – there are many that are **legal forms** in Arizona: **Arizona Hospital and Healthcare Association (AzHHA)** has a short advance directive form (including a Living Will and Healthcare & Mental Healthcare Power of Attorney) or the very user-friendly **AzHHA/Prepare for your Care Advance Healthcare Directive**. The **AZ State Attorney General** has a Life Care Planning Packet with advance directive forms. See our website: <https://www.seago.org/advance-care-planning> for links to these websites, for more info or to get these free downloadable forms
- ✓ **Who** will speak for you if you are unable to speak for yourself if you are badly injured or very ill? Consider choosing a **Healthcare Power of Attorney (medical decision-maker)** and a **Mental Healthcare Power of Attorney** now. It is easy to put this off but it can make such a difference in your future.
- ✓ If you want your **wishes known and honored** – have conversations and complete a **Living Will** to document your wishes based on what matters most to you.



Have a say in your healthcare.

Conversations matter!

- ✓ Before completing advance directive forms, you may want to reflect on what matters most to you, both in your current health and if you were so sick that you may die soon. Your main goal may be to have a focus on quality of life and being comfortable. Or perhaps, your main goal may be to live as long as possible no matter what. Here are some resources that can help you reflect on what you want and how to have these conversations:
 - **Prepare for Your Care** – see their link on our website as they have a very helpful Guide for advance directives which includes short videos of real-life

(Over)



stories of people talking about their situations and their wishes with those that matter to them including healthcare providers. It is also in Spanish.

- **The Conversation Project** – see their link on our website - free Conversation Guides and Workbooks (in many languages and topics including caregivers for those with dementia) that can help you talk with important people in your life about what matters most through the end of life.
 - **Go Wish website** (link on our website) to play a game regarding your wishes/values for free. You can get a print out of your priorities and share them with those close to you.
-
- ✓ Neither an attorney nor a notary is required to complete legal advance directives. A **proper witness IS** required (see forms). You may choose to use an attorney and/or notary.
 - ✓ **IMPORTANT:** Once you have completed your forms, copies should be shared with your medical decision maker, healthcare providers, family, caregivers and the **AZ Advance Healthcare Directives Registry** (for Healthcare Providers to have easy access in AZ). For more information on the Registry, see <https://azhdr.org/> or call 602-688-7200.
 - ✓ If/when your wishes change or you want to change your decision-maker, you can review, complete new forms and share the new copies with those mentioned above.
 - ✓ **To learn more about resources, download forms and view our short videos, “Have a Say in Advance Care Planning” (English and Spanish), visit our website at:**

<https://www.seago.org/advance-care-planning>

For more info or help, contact: SEAGO Area Agency on Aging, 1403B Hwy 92, Bisbee AZ 85603

Ph: 520-432-2528, Email: aging@seago.org

Website: www.seago.org, FB: <https://www.facebook.com/seagoareaagencyonaging>

Rev. 5.27.2022

