



### Advance Care Planning

Advance Care Planning is the process of thinking and talking about future medical decisions if you had a sudden event, like a car accident or illness, and could not make your own decisions. The best time to make these decisions is when you can choose for yourself.

### Health Care Agent

A Health Care Agent is the person you choose to make medical decisions on your behalf if you are unable to make your own decisions. Discussing and sharing your wishes with your Health Care Agent is important.

### Advance Directive for Health Care

An Advance Directive is a written plan that names your Health Care Agent and allows you to provide instructions for health care treatments based upon your values and what is important to you.

---

*For more information about Advance Care Planning or for help creating an Advance Directive for Health Care, contact your health care team or Honoring Choices® Idaho.*

**HonoringChoicesIdaho.org**  
208-947-4285  
info@honoringchoicesidaho.org

*The name Honoring Choices® Idaho is used under license from Twin Cities Medical Society Foundation.*

Congratulations on beginning your Advance Care Planning. Your planning appointment is scheduled for:

**When:** \_\_\_\_\_

**Where:** \_\_\_\_\_

**With:** \_\_\_\_\_

### Who to Include:

Please invite anyone you are considering or have chosen to be your Health Care Agent(s) to this discussion. Arrangements can be made to include this person(s) by phone. Please ask your facilitator to have a phone available.

### How to Prepare:

Please review the educational materials provided. If you have questions, write them down.

You may want to watch a video that provides a brief introduction to Advance Care Planning. You can find videos on the Honoring Choices® Idaho website: <http://www.honoringchoicesidaho.org/acp-videos/>

If you are a member of a religious or spiritual group, you may want to consider speaking with your spiritual or religious mentors for recommendations about Advance Care Planning.

### What to Bring:

Bring the name, address, and phone number of the individual(s) you have chosen or may choose to be your Health Care Agents(s).

### Thank you!

Making your health care wishes known is one of the greatest gifts you can give to your loved ones.