



ADVANCE CARE PLANNING FOR THE END OF LIFE

BE IN CHARGE OF THE CARE YOU WANT



CompassionAndChoices.org
1-800-247-7421



CHOOSING SOMEONE TO SPEAK FOR YOU IF YOU CAN'T SPEAK FOR YOURSELF



Someone Who Knows You

Your health care proxy can be a family member, your spouse, or a friend.



Someone Who is Comfortable in the Role

Once you choose someone, take the time to explain this role and what you expect from them.



Someone Who You Trust

Choose a person who knows what matters to you and who you trust to make decisions in line with your wishes.



Someone You Can Update

Keep this person updated on your changing needs and expectations - this is an ongoing discussion.



Someone Who Will Advocate for You

A health care proxy needs to be able to clearly and confidently communicate your wishes to your care team.



Someone Who Will Be With You at Every Step

Make sure that this person is willing to be with you at all stages of any medical event.