Health Care Wishes Conversation Guide

Questions That Help Start Important Conversations

Use these questions to talk with the people you trust, including anyone you may ask to serve as your Health Care Agent. Answer in your own words. You can stop, skip a question or come back to it later.

> This guide is for conversation only. It is not an Advance Directive or Health Care Directive, and it is not a legal document. To put your wishes in writing, use your state's official forms and talk with qualified professionals.

01 What Matters Most

What matters most to you about your quality of life?

What brings you comfort, meaning or joy?

Are there spiritual, cultural or personal beliefs that should guide your care?

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02 Health Care Preferences

If you were seriously ill, what would you most want your care team and family to know?

Are there treatments or situations you have strong feelings about?

If you had a choice, where would you prefer to receive care?

- [ ] At home
- [ ] With family
- [ ] In a care community
- [ ] Wherever is best at the time
- [ ] Not sure

03 People and Communication

Who should be part of these conversations?

Name | Relationship

Name | Relationship

Who would you like to serve as your Health Care Agent?

Name and phone | Backup agent, name and phone

How would you like health information shared with family?

- [ ] With everyone named here
- [ ] Only with my agent
- [ ] I will decide case by case

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04 Professionals and Documents

Questions to ask your doctor or other health care professional

Do you already have any of these?

- ☐ Advance Directive or Health Care Directive
- ☐ Living Will
- ☐ Health care power of attorney
- ☐ HIPAA authorization
- ☐ POLST / MOLST
- ☐ None yet

Where originals are kept

Who has copies

05 Follow-Up Steps

- ☐ Review your state's official Advance Directive or Health Care Directive forms.
- ☐ Talk with your doctor about your wishes.
- ☐ Bring legal questions to an attorney or other qualified professional.
- ☐ Give copies of signed documents to your Health Care Agent and care team.
- ☐ Revisit this conversation after a major life or health change.

Date of this conversation

CONTINUE LEARNING

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Free guides, state information and resources for every stage.

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