

Advance Care Planning Checklist

A Simple Step-by-Step Guide to Prepare Your Wishes and Talk with Family



Step 1: Reflect on Your Values and Wishes

- Consider what matters most to you in medical care, comfort, and quality of life.
- Think about how your faith and beliefs shape your hopes for the end of life.

Step 2: Learn About Advance Directive Documents

- Understand the types of advance directives in your state:
- Living Will: Your instructions for medical treatments.
- Durable Power of Attorney for Healthcare: The person you appoint to make decisions for you.
- Do Not Resuscitate (DNR): Instructions about resuscitation efforts.
- Obtain official forms from your healthcare provider or state website.

Step 3: Choose Your Healthcare Proxy

- Select a trusted family member or friend to make health decisions if you cannot.
- Discuss your values and wishes clearly with this person.

Step 4: Talk with Your Family and Loved Ones

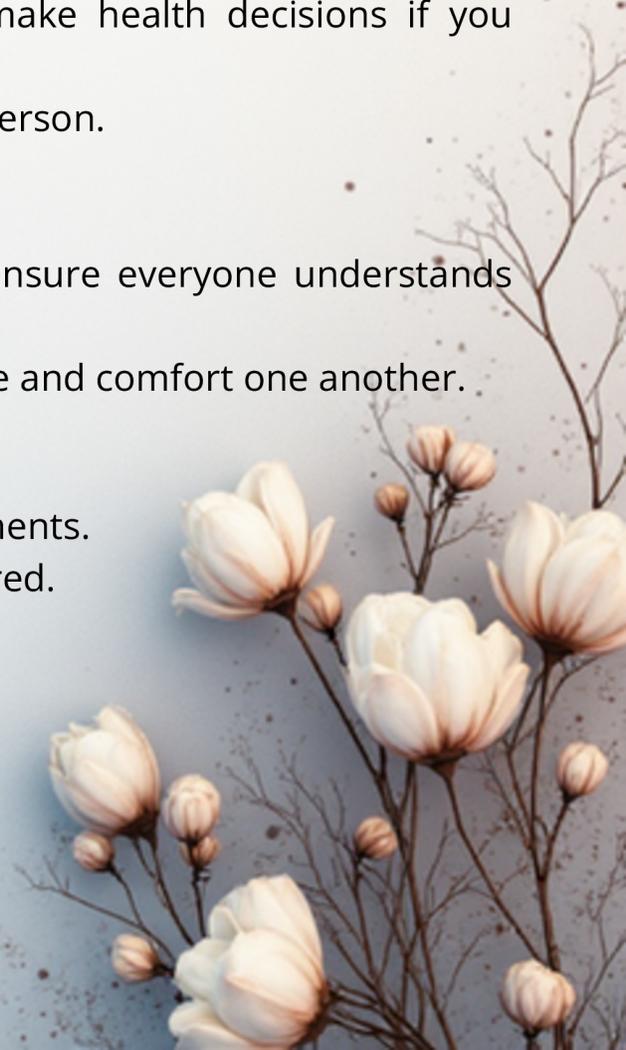
- Share your advance care plans with family to ensure everyone understands your wishes.
- Encourage open, honest conversations to prepare and comfort one another.

Step 5: Complete and Sign Your Documents

- Fill out all forms carefully following legal requirements.
- Have your forms witnessed or notarized as required.

Step 6: Share Your Plans

- Give copies of your advance directives to:
- Your healthcare proxy
- Close family members
- Your medical providers
- Keep a copy in a safe but accessible place.



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Step 7: Review and Update Regularly

- Revisit your plan after major life events or every few years.
- Make updates as your wishes or health change.

A Loving Legacy

Advance care planning is a gift of peace and love for your family—a way to ensure your voice is honored when you can't speak. Beacon of Hope is here to guide you with faith, heart, and gentle support every step of the way.

To learn more or schedule a personal consultation, visit beaconofhopeol.com or call 605-223-0115

