

# What Matters Most?

## Advance Care Planning Checklist



### There are many steps you can take to keep the conversation going!

- ☐ Make a list of the three most important things you want those close to you to know about your wishes for end-of-life care.
- ☐ Think about who you would want to make your medical care decisions for you if you could not speak for yourself.
- ☐ Plan when and where you might want to talk to that person and others close to you about your wishes.
- ☐ Make a list of questions you'd like to ask your doctor.
- ☐ Fill out an Advance Directive form to record your wishes and legally appoint the person (agent) who will speak for you if you can't speak for yourself.
- ☐ Make copies of your Advance Directive and give them to your agent, your doctor, and anyone else you would like to know your wishes.
- ☐ If you already have an Advance Directive, review it to make sure it fits with your current wishes.
- ☐ Talk with those close to you about their wishes.
- ☐ Other steps you'd like to take: \_\_\_\_\_

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