

How to make sure loved ones know the medical care you'd want

If you have a sudden accident or illness that leaves you unable to communicate, who would make medical decisions for you? Would they know what you want? *Speak(easy) Howard* is making it easier to talk to loved ones about your preferences. Get started by answering these questions and talking them over with those you love.

Question 1

As a patient, what do you want to know about your care?

- 1 Everything. No sugarcoating. Tell me every downside and the chances things won't go well.
- 2
- 3
- 4
- 5 Just share what's absolutely necessary. No need to hear what might go wrong.

Question 2

What are your concerns about care?

- 1 I'm worried that I won't get enough care.
- 2
- 3
- 4
- 5 I'm worried that I'll get overly aggressive care.

Question 3

If I had a terminal illness, I would prefer to...

- 1 Not know how quickly it is progressing.
- 2
- 3
- 4
- 5 Know my doctor's best estimation for how long I have to live.

Question 4

What makes you happy that would be important at the end of your life? *(Check all that apply)*

- Being in my home
- Being somewhere else special to me _____ (Name the place)
- Being with certain people _____ (Name them, or just put 'family' or 'friends')
- Doing something while I still can _____ (Name the activity)
- Being present at a special event _____ (Name the event)
- Something else _____

Question 5

What else should your doctors and loved ones know about how you want to be treated if someone else is making your health care decisions?

Question 6

Who do you trust to make your health care choices if you can't?

Great job! Now, share these preferences with your loved ones and name your health care agent.

See how at SpeakEasyHoward.org

SPEAK *(easy)*
HOWARD