

7 Things **You** Need to Know About Advance Directives

- 1.** They allow you to control your medical care if you can't speak for yourself.
- 2.** They're free; no lawyer is needed.
- 3.** Everyone over 18 should have them; you can update them at any time.
- 4.** They are a loving, responsible gift that takes a burden off your family.
- 5.** Your doctor is waiting for you to start the conversation.
- 6.** It's a lot harder if you wait for serious illness.
- 7.** Planning for death does not make death happen.

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Want to know more?

- HospiceCanHelp.com—Considering Hospice Care: A Discussion Guide for Families
- NHDD.org—Free state-specific advance directives
- VITAS.com—Articles, tips and questions