

HOPE Gives

Pledge: My Wishes, My Decisions, My Life

I take this pledge to express my wishes and prepare for my end of life. I will try to help the people close to me have open conversations about end-of-life.

I want the best care possible through end of life and I want my loved ones supported. **Therefore, I will:**

- Talk with my loved ones about what is important to me and how I want to live fully through end of life.
- Specify cultural traditions and/or religious beliefs that I want honored
- Affirm my end-of-life preferences early when I am of sound mind and body
- Share this Pledge with my primary doctor or provider

I understand the importance and benefits of legal paperwork that document wishes. **Therefore, I:**

- Will get help to complete these documents and review them often.
- Understand I may change my wishes at any time, as my circumstances and priorities evolve

I, _____ have read and thought about the statements above. While I know preparing for end of life is not simple and the conversations can be hard, I promise to devote time to talking about and writing down what matters most to me.

Check which applies.

I pledge to begin complete and/or review my Advance Health Care Directive within ____ weeks.

Signature

Date

I would like to receive resources, planning tools and information from HG Foundation in the future. I understand that I may change my contact preferences at any time.

E-mail

Phone