



# NATIONAL HEALTHCARE DECISIONS DAY

★ your decisions matter ★

On April 16, join Americans across the country to talk to others about your future healthcare decisions and complete your advance directive!

## Facts

All healthcare institutions are required to:

- Provide information about health care decision-making rights.
- Ask all patients if they have an advance directive.
- Educate their staff and community about advance directives.
- Not discriminate against patients based on an advance directive status.

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According to the Pew Research Center's study in 2006:

- 71% of Americans have thought about their end-of-life treatment preferences
- 95% had heard of a living will
- 29% had a living will

## Problem to Solve

Despite recent gains in public awareness of the need for advance care planning, studies indicate that most Americans have not exercised their right to make decisions about their healthcare in the event that they cannot speak for themselves.

## Solution

The National Healthcare Decisions Day, April 16, will help Americans understand that making future healthcare decisions includes much more than deciding what care they would or would not want; it starts with expressing preferences, clarifying values, identifying care preferences and selecting an agent to express healthcare decisions if patients are unable to speak for themselves.

The National Healthcare Decisions Day (NHDD) initiative is a collaborative effort of national, state and community organizations committed to ensuring that all adults with decision-making capacity in the United States have the information and opportunity to communicate and document their healthcare decisions.

## Action

### Lead by example

- ★ Complete your advance health care directive and choose a health care agent/power of attorney. If you have already have a directive, review and update your documents if needed.
- ★ Have "The Conversation." Talking with your loved ones before a medical crisis happens, gives everyone a shared understanding about what matters most to you at the end of life.
- ★ Use the *Notes to My Family* organizing tool to help compile important personal, health, and financial information in one convenient place. *Notes to My Family* helps give you peace of mind and helps your family members carry out your end-of-life wishes.



Resources and planning tools available at [hospicegiving.org](http://hospicegiving.org)

“The future depends on what we do in the present.” – Mahatma Gandhi