

*This document is optional. It is intended for residents and their families to help start discussions about advance directives and health care planning.*

## **YOUR PERSONAL "PREPAREDNESS PLAN"**

and the

## **PURPOSES OF ADVANCE DIRECTIVES**

*"Why bother?"*

*"Who wants to think about that kind of stuff anyhow?"*

*"It won't happen to me...."*

Here are 10 reasons that people give for using advance directives as part of their "Personal Preparedness Plan:"

1. They protect my personal dignity and describe my standards for "quality of life."
2. I want to prevent family guilt and spare my loved ones from bitter conflict.
3. My doctor needs to know "who's calling the shots."
4. They help avoid court battles and legal expenses.
5. My family needs instructions about "turning points" they should watch for, if I develop a serious illness.
6. My health care team needs to know my personal values and interests, as part of my treatment plan.
7. They express my personal values and spiritual or religious guidelines.
8. I use them to provide the names of my previous doctors, or information about my past or present conditions, so a new doctor will know about me.
9. They're an easy place for my agent and my family to find out about my long-term care insurance, so they don't pay "out of pocket" for what is already covered.
10. I don't want my doctor or my agent scared of being sued by "Monday morning quarter-backs" or family bullies.