



## Advance Care Planning

- Have you thought about what would happen if you were sick and could not speak for yourself?
- Do your family and friends know what medical care you would like?
- Who would let your doctor know what treatments to provide for you?

Making a plan for future medical care is important. Your family, friends, and doctors need to know how to best care for you if you are too sick to let them know.

You need to think about:

- What happened in the past with family or friends at the end of their lives? What care did they get or not get that that you would want?
- What health problems do you have now? How might your treatment for these problems help or hinder your life goals?
- What health problems do you fear you may have in the future? How do you feel about being put in a nursing home? How would decisions be made if you could not make them?

You may choose someone to make medical decisions for you if you could not make them for yourself.

Choose someone who:

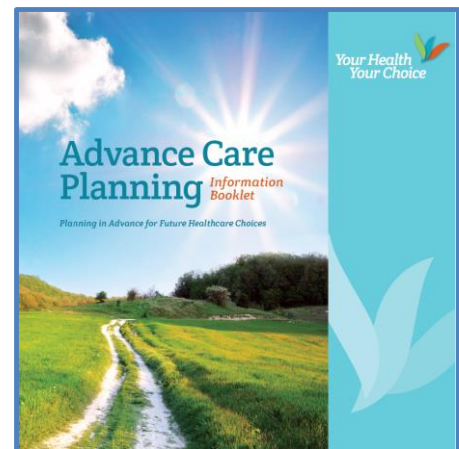
- You can trust
- Is willing to do the job
- Can follow your directions
- Can make hard decisions

You need to plan for when:

- You will not be able to make your own decisions
- You are very hurt or sick and will not recover

You need to decide:

- When to get medical care to make you live longer
- When to allow natural death
- What comfort care you would like



We have trained staff to help you make a plan for your future medical care. For more information or an appointment, please visit our website at [www.yourhealthyourchoice.org](http://www.yourhealthyourchoice.org) or contact:



(810)232-2228  
YHYC@flint.org



(810) 424-2270  
YHYC@genesys.org



(810) 262-2770  
YHYC@hurleymc.com



(810) 342-2546  
YHYC@mclaren.org