

## **Advance Care Planning Resources**

### **What is advance care planning?**

Advance care planning is the process of making known your wishes and instructions for your care in writing or verbally to your friends and family if needed in the future. Anyone 18 and older should have an advance care plan. Advance care planning information is used when you cannot make health care decisions for yourself. This information also may help guide decisions made by your health care agent or, if you do not have an agent, then by your family.

### **Where to go for more information and help?**

Information is available from the National Institute on Aging, your local library, and in the links below.

Visit your county's Office on Aging and your state's Department of Health website for forms and information you will need. You should discuss advance care planning with your doctor and may also want the advice of a lawyer.

**MedlinePlus** - link: [medlineplus.gov](http://medlineplus.gov)

Within the MedlinePlus site search for: Health Care Agent

**National Institute on Aging** - link: [www.nia.nih.gov](http://www.nia.nih.gov)

Within the NIA site search for: Getting your Affairs in Order

**Patient-Centered Outcomes Research Institute** - link: [www.pcori.org](http://www.pcori.org)

Within the PCORI site search for:

- 1) Health Literacy Matters More Than Experience for Advance Care Knowledge Experience Among Older Adults
- 2) Preparing Spanish Speaking Older Adults for Advance Care Planning and Medical Decision Making - The Prepare Trial

**The Conversation Project** - link: [theconversationproject.org](http://theconversationproject.org)

Within the Conversation Project site search for: COVID-19 Resources

**Prepare for Your Care** - link: [prepareforyourcare.org](http://prepareforyourcare.org)

Visit: [prepareforyourcare.org/advance-directive](http://prepareforyourcare.org/advance-directive)

Have Questions? Ask your doctor or health provider at your next appointment.

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[https://www.health.ny.gov/diseases/conditions/dementia/adv\\_care\\_planning.htm](https://www.health.ny.gov/diseases/conditions/dementia/adv_care_planning.htm)