



## TAKING STEPS VERMONT

# Who's Your Person? What's Your Plan?

**It always seems too soon until it's too late.**

- ▶ An accident, injury or serious illness can happen to anyone at any time.
- ▶ Who will speak for you if you become unable to speak for yourself?
- ▶ Do your loved ones know your health care values and priorities?

### What Is Advance Care Planning?

- ▶ It's a process to help a person think about and plan for their future medical decisions if they are unable to speak for themselves.
- ▶ In Vermont it is not automatically your next of kin who will speak for you if you are not able to speak for yourself.

### How To Begin?

- ▶ Talk to your family, friends, and health care providers about what matters most to you.
- ▶ Share your goals and values to help guide any "in the moment" decisions that may come up.
- ▶ Document your preferences and priorities in an advance directive.

### Ready to Take Steps and Complete an Advance Directive?

- ▶ Everyone 18 years of age or older should complete an advance directive.
- ▶ Advance directives are legal documents that are signed and witnessed that speak about your future wishes and preferences for treatment.
- ▶ You don't need a lawyer to complete one.
- ▶ You can always change your mind and update your advance directive at any time.

***Take Action Today!***

Visit our website to learn more about advance care planning and access forms:

**[www.takingstepsvt.org](http://www.takingstepsvt.org)**