



Empower Yourself: National Healthcare Decisions Day, April 16, 2024

National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and providers about the importance of advance care planning. Advance care planning requires communication between patients, their family or other decision-makers, and their healthcare providers. This is an opportune time to recognize the importance of making informed decisions about our healthcare preferences and ensuring that our voices are heard, even in challenging times.

NHDD serves as a reminder that each of us has the power and the responsibility to plan for our future healthcare needs. It's about taking proactive steps to ensure that our wishes are known and respected, particularly in situations where we may not be able to communicate them ourselves.

One of the key aspects of NHDD is advance care planning. This involves documenting your healthcare preferences, appointing a healthcare agent or decision-maker, and discussing your wishes with your loved ones. By engaging in advance care planning, you can help alleviate the burden of decision-making for your loved ones during times of crisis and ensure that your healthcare preferences are honored.

Advance care planning is not just for the elderly or the terminally ill. It is a process that everyone should undertake, regardless of age or health status. Life is unpredictable, and none of us know when we may face a sudden illness or injury. By planning ahead, we can have peace of mind knowing that our wishes will be respected, and our loved ones will be spared the anguish of making difficult decisions on our behalf.

So, how can you participate in National Healthcare Decisions Day this year?

Start by initiating conversations with your loved ones about your healthcare wishes. Discussing these topics can be challenging, but it's essential to ensure that your loved ones understand your preferences and are prepared to advocate for you if necessary.

Next, take steps to complete your advance care planning documents. Contact a qualified attorney to assist in creating these important documents which align with all of your estate planning documents and are easily accessible to your healthcare providers and loved ones when needed. This may include creating healthcare advance directives, appointing a healthcare agent, and ensuring that your

If you already have healthcare advance directives, remember, advance care planning is an ongoing process. As your circumstances and preferences change, it's important to review and update your documents accordingly.

This National Healthcare Decisions Day, commit to taking control of our healthcare decisions and empowering ourselves and our loved ones to navigate the complexities of medical decision-making with confidence and compassion.



Call us for a no obligation
compassionate consultation.

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