

## What is Advance Care Planning?

### Advance Care Planning

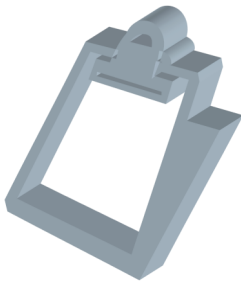
Advance Care Planning is the process of identifying and discussing future medical decisions between you and your friends, loved ones, care providers, clergy and other advisors.

### Conversations

Advance Care Planning typically includes conversations about your healthcare treatment options and your healthcare goals.

### Decisions

Advance Care Planning decisions might include determining what kinds of care and treatment you would or would not want, appointing a healthcare agent, and completing an advance directive.



*“It always seems too early,  
until it’s too late”*

## About Us

### Vision

The health care choices a person makes become the health care the person receives.

### Mission

We assist communities develop a successful advance care planning process.



### Objectives

- ◆ Promote advance care planning through community and professional outreach and education
- ◆ Promote standardization of advance care planning
- ◆ Establish a base of financial support

For more information visit our website  
[www.honoringchoicesnd.org](http://www.honoringchoicesnd.org)

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# Advance Care Planning



*“One conversation can make  
all the difference.”*

## Key Decisions

Some of the key decisions about your healthcare may include preferences, such as:

- Values and Religious Beliefs
- Resuscitation
- Hydration
- Dialysis
- Organ Donation



## Did you know?

Honoring Choices North Dakota is reaching out to prospective members and engaging those who bring a wealth of knowledge to the organization. Our organization consists of over 200 partners in organizations across North Dakota who bring their views, experiences, and expertise to this important effort.



## Why is Advance Care Planning Important?

A report from the Institute of Medicine in 2014 finds that ***most people are unable to make their own decisions about care when they're nearing the end of life.*** This is why it is important to have a conversation with your love ones and care providers about your goals and preferences. Sudden injury or illness can affect anyone. ***Start your conversation now.***

## How do I get started?

- ☑ **Learn** more about advance care planning
- ☑ **Make** informed decisions
- ☑ **Identify** a health care agent
- ☑ **Have** a conversation with your loves ones or care providers
- ☑ **Complete** a health care directive

For more information:



<https://www.honoringchoicesnd.org/>