

5-POINT GUIDE

START A CONVERSATION ABOUT CARE PLANNING

Discuss Your Wishes Early & Often

1

- Start by sharing your wishes, whether it's aging in place, receiving care at home, or considering hospice.
- You don't need all the answers; just begin the conversation so your loved ones understand your goals.

Identify Key People in Your Care Plan

2

- Identify family, friends, or medical professionals—who will help carry out your plan.
- Have open conversations to ensure they understand your care goals and available options.
- Trusted individuals can act as advocates or make decisions on your behalf if needed, often as a medical power of attorney.

Put Your Wishes in Writing

3

- Document preferences for care, medical treatments, and memorial plans.
- Procrastination is common—make this the season to act!
- Keep these documents safe but accessible for loved ones.





4

Talk to Your Primary Care Doctor

- Discuss your goals and preferences with your doctor.
- Only 1 in 5 Americans have had this conversation—be the exception.
- Your doctor can guide you through options and ensure your wishes are respected.

Find a Trusted Provider for Serious Illness Care

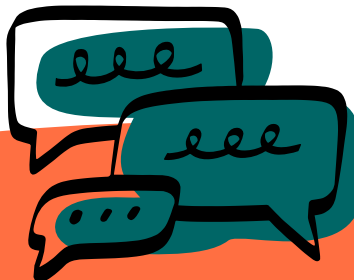
- If you or a loved one faces a serious illness, seek care providers who prioritize comfort, dignity, and personal goals.
- Hospices deliver holistic care while respecting patients' wishes.

[Find a Care Provider](#)

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www.nphihealth.org/resources



**Peace of mind starts with a conversation—
make today the day you plan for tomorrow.**