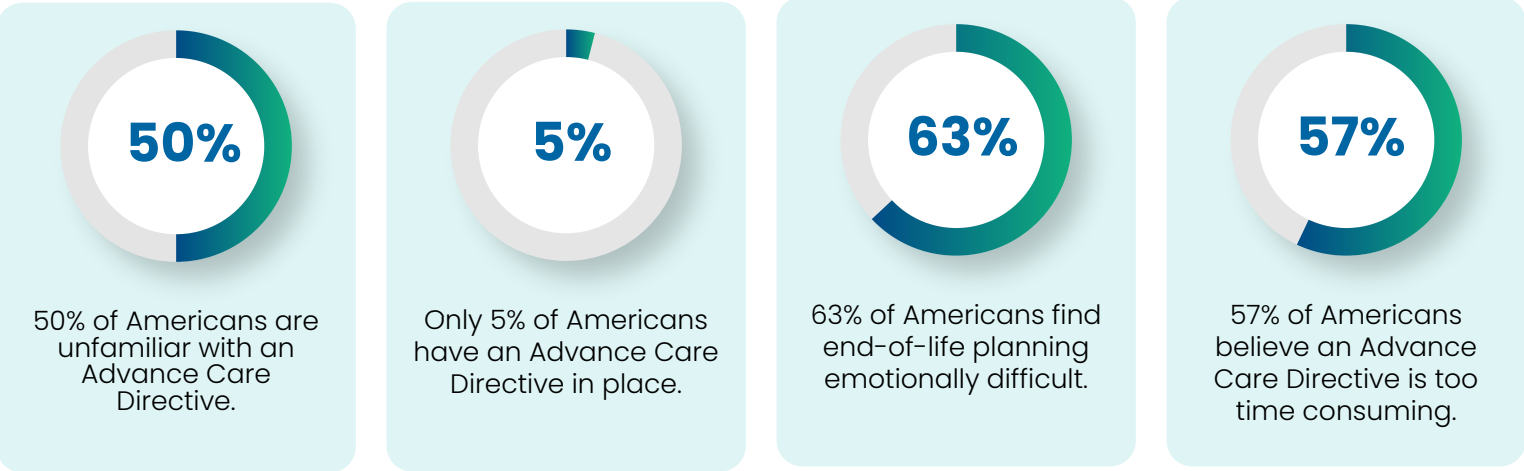


If You are Unable to Speak for Yourself, Would Your Loved Ones Know What to Do?

Understanding an Advance Care Directive

The Awareness Gap

Despite their benefits, a Backline by DrFirst research study showed that a large percentage of Americans do not have an Advance Care Directive in place, are unclear about the purpose of a directive or do not understand who can benefit from the process.

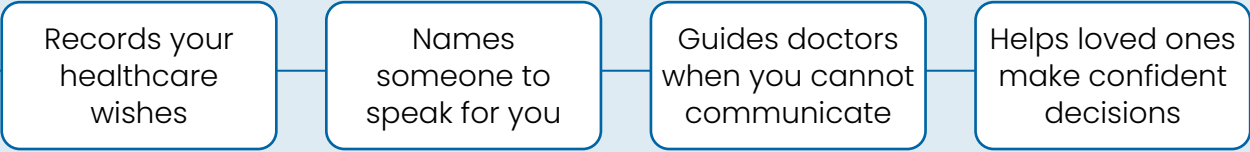


34% of Americans believe an Advance Care Directive is only made for certain groups like terminally ill patients or people 65 years or older. **In reality, Advance Care Directives are for everyone.**



An Advance Care Directive is a legal document that records your wishes for medical treatment if you're ever unable to speak for yourself. This document is shared with your medical care team and your healthcare agent, who is a trusted person you appoint to make healthcare decisions for you if you cannot make them yourself. **While optional, an Advance Care Directive can provide clarity for your care team and peace of mind for your loved ones.**

An Advance Care Directive



Sample Patient Scenario

John was driving home from work when he was involved in a serious car accident. He was rushed to the hospital unconscious and unable to communicate. Now, critical decisions must be made about his medical care. However, the course of action depends heavily on whether he had prepared for such a situation in advance.

John Had an Advance Care Directive

✓

 Discussed wishes with his doctor

✓

 Chose a healthcare agent

✓

 Family knew what he wanted

✓

 Care followed his wishes

John Did Not Have an Advance Care Directive

✗

 Discussed wishes with his doctor

✗

 Chose a healthcare agent

✗

 Family knew what he wanted

✗

 Care followed his wishes

Why is an Advance Care Directive Important?



Ensures your wishes are respected



Reduces stress and uncertainty for loved ones



Helps avoid unwanted or unnecessary medical interventions



Supports shared decision-making with your care team

Advance Care Planning Doesn't Have to be Difficult: 4 Steps to Get Started

Know What Matters Most

Think about what makes life meaningful to you. That could include comfort, independence, family or spiritual beliefs. Then consider what kind of medical care supports your values.

Pick Someone You Trust

Choose a healthcare agent you trust to speak on your behalf if you can't. This could be a close friend, partner or relative who understands your wishes.

Write it Down

Document your preferences in an official plan and share with your primary care provider so your care team and family know exactly what you want.

Keep it Current

Review your plan regularly and update it after major life events like a medical diagnosis, change in marital status or move across state lines, which could impact the legal requirements.