



TIPS FOR TALKING ABOUT ADVANCE HEALTH CARE PLANNING

ONE CONVERSATION CAN MAKE ALL THE DIFFERENCE

Initiating a conversation about end-of-life wishes can be unsettling, but having these conversations will ensure that future health care plans are made and that the appropriate parties are aware of those plans.

90%



say that talking with their loved ones about advance planning is important

27%



have actually done so

STARTING CAN BE THE HARDEST PART. HERE ARE SOME WAYS YOU COULD BREAK THE ICE.

"I NEED YOUR HELP WITH SOMETHING"

**"I NEED TO START THINKING ABOUT THE FUTURE.
WILL YOU HELP ME?"**

**"I JUST FINISHED PLANNING FOR MY FUTURE HEALTH
CARE. I WOULD LIKE YOU TO SEE MY PLANS, AND I'D
LIKE TO TALK TO YOU ABOUT YOUR OWN."**



**"I WAS THINKING ABOUT WHAT HAPPENED TO ____,
AND IT MADE ME THINK -- DO WE HAVE A PLAN IF
SOMETHING WERE TO HAPPEN TO US?"**