

Advance Care

Advance care planning involves learning, thinking, and communicating about your medical care at the end of life. Here are 3 tips to help you get started.

1. Learn: Talk with your doctor about end of life care options
2. Think: What makes life meaningful for you?
3. Act: Make your wishes known

Learn more about how to get started.

Inspire others to plan for the future with these social media messages:

- Facing #endoflife questions may be tough, but document your wishes as a gift to your loved ones. Find out how: <http://1.usa.gov/1mOOyHB>
- Plan for the future—set up #advancecare directives so your family knows your wishes in an emergency. Get tips: <http://1.usa.gov/1mOOyHB>
- Already have #advancedirectives? Remember to update them over time! Learn more here: <http://1.usa.gov/1mOOyHB>

Learn more at:

https://www.nia.nih.gov/health/publication/advance-care-planning?utm_source=20160111_advcare&utm_medium=email&utm_campaign=ealert