

# What have you told your family, friends, or doctor about how you want to be cared for if you weren't able to speak for yourself?

Many people don't talk about it at all. But if you don't speak up, your wishes won't be known. That's why it's important to prepare — just in case you get hurt badly or become too sick to voice your opinions about your own care.



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## Advance Directives

Planning now for your care later



Serving Hoosier Healthwise, Healthy Indiana Plan, Hoosier Care Connect, and Indiana PathWays for Aging

An advance directive is a form you fill out and sign. This helps your family and healthcare providers know what care you want or don't want when you can't tell them yourself.



### What are some ways an advance directive could help you?

- If I get sick or hurt badly, my family and friends won't have to guess or make hard choices about my care.
- I can name someone I trust to make my healthcare decisions for me.
- I will have the chance to talk about my medical, physical, and spiritual needs for my end-of-life care.



You may be nervous about filling out an advance directive. It's normal to feel that way. Here's some help to get you through the process.

### Where do I get an advance directive?

- Get an advance directive from your doctor. Consider getting two or three copies so you'll have extras.
- You can also download and print an advance directive online for free. Websites like **aarp.org**, **caringinfo.org**, and **medicare.gov** have them for each state.

### What do I do with the advance directive once I get it?

- Know your options and rights. Take time to think about what you want for your own care.
- Talk to your loved ones and your doctor.
- Fill out and sign your advance directive.
- Give a signed advance directive to your doctor and a copy to someone else you trust.
- Keep a copy of your advance directive for yourself. Put it in a safe place where you can easily find it.

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