



Take the Pledge

Make your healthcare decisions known.

“It always seems too early, until it’s too late.”

NHDD LOCAL COLLABORATIVE PARTNERS:



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ARE YOU READY!

When was the last time you had a conversation with the key people in your life about what is important to you?

If you were unable to make decisions because of a medical emergency, who would speak for you? Does that person know what health care choices you would want or don't want?

Have you documented your health care choices in an Advance Directive and communicated these decisions to your loved ones?

**If you answered NO...
it's time to TAKE THE PLEDGE!**

Take the Pledge is part of the National Healthcare Decisions Day (NHDD), an initiative of *The Conversation Project*, that encourages people to express their wishes regarding their healthcare and start advance care planning.

Here's some things you can do:

- Complete Advance Directives. These can include: Living Will, Health Care Proxy / Health Care Power of Attorney, MOST / POST, spiritual / religious wishes.
- Funeral Planning
- Talk to your Family
- Talk to your Doctor

There's a list of Resources on the other side to help you research and complete the checklist.

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RESOURCES

Below are several resources to help you learn more about advance care planning and starting the conversation.

- **CaringInfo.org** – Provides free resources for advance care planning, including advance directives forms for each state. CaringInfo.org is a program of National Hospice and Palliative Care Organization (NHPCO).
- **KY-Most.org** – The Kentucky MOST Coalition represents a state-wide stakeholder group promoting the “Medical Orders for Scope of Treatment,” approved as KRS 311.6225 in 2015. The MOST Coalition seeks to transform how Kentucky approaches end-of-life medical decisions by providing greater education and awareness about the MOST Form and of advance care planning more broadly to providers and patients.
- **JoinCake.com** – State what funeral arrangements you prefer with this interactive end-of-life planning website that helps plan for healthcare and funeral decisions.
- **HosparusHealth.org/AdvanceCarePlanning** – More resources to help you make choices about your wishes for end-of-life care.
- **TheConversationProject.org** – Download the *Conversation Starter Kit* to help you start the conversation with your doctor and family.
- **CommonPractice.com** – Play *Hello*, a conversation game that is a safe and fun way to talk about living and dying and what matters most.

NHDD

Make your healthcare decisions known.

National Healthcare Decisions Day exists to inspire, educate and empower the public and providers about the importance of advance care planning.

NHDD.org provides clear, concise and consistent information on healthcare decision-making. It provides simple, free and uniform tools (not just forms) to guide the process for advance care planning.

NHDD.org

TheConversationProject.org