



**ADVANCE CARE PLANNING**

**Don't wait. Give your family  
the gift of knowing your choices.**

**An Initiative of Bucks County Health Improvement Partnership (BCHIP)**

**Imagine you were in a car accident or had an illness that left you unable to make or communicate your healthcare treatment choices. If your doctor felt it unlikely you would ever recover, would you want life-sustaining care, or comfort care and a natural death?**



## **MAKE YOUR OWN CHOICES**

You have the right to make decisions about the kind of healthcare treatments you want. Your choices should be informed — based on facts as well as on your beliefs, culture, values and personal goals for sustaining a meaningful quality of life.

## **WHEN YOU CAN'T MAKE CHOICES KNOWN**

Your choices should be documented in an Advance Healthcare Directive so they are known to your agent, family members and healthcare providers.

## **CONVERSATIONS ARE THE KEY**

Having conversations with your family, loved ones and close friends is important so they understand what's important to you and can support the choices you make for your own healthcare. Conversations help get everyone on the same page and serve to reduce disagreements, angst and guilt when care decisions are implemented.

## **THE ADVANCE HEALTHCARE DIRECTIVE**

A document that:

- Specifies your healthcare choices (also called a Living Will)
- Names a healthcare agent to make decisions for you if you are unable to make or communicate your choices (also called Healthcare Power of Attorney).

## SELECTING A HEALTHCARE AGENT

The person you choose to serve as your healthcare agent (also called a surrogate, proxy or representative) to make decisions when you are unable to do so, should be someone:

- You can talk to about your values and beliefs
- You trust to follow your wishes
- Able to make decisions in stressful situations
- Who is willing to accept this responsibility

## BCHIP CENTERS OF SERVICE

We provide a *free and confidential* Advance Care Planning service to help adults start conversations with loved ones about healthcare choices; leading to completion of an Advance Healthcare Directive to document your choices.

## TO SCHEDULE A FACILITATED CONVERSATION

Contact a **Center of Service for Advance Care Planning** today to schedule a free and confidential conversation.

Bristol Township Senior Center | 215-785-6322

Doylestown Health — Looking Ahead | 215-544-9580

Grand View Health | 215-453-4152

Jefferson Health Bucks Hospital | 215-949-5226

Lower Bucks Hospital | 215-785-9922

Pickering Manor | 215-968-3878

St. Mary Medical Center | 215-710-7089



**Your healthcare providers  
can't honor your choices  
unless they know what they are!**

**“Advance Care Planning made my parents’ passing not only less stressful, it also gave our entire family a dignified and beautiful moment at the end of long and painful roads. Every adult should have a conversation with loved ones and make their choices known!”**

Marion Mass, M.D., Philadelphia-area Pediatrician  
Practicing Physicians of America, Co-Founder/VP

## **HOW WE CAN HELP YOU**

The Advance Care Planning team trains and certifies facilitators to meet with you (or you and your agent) to have a conversation and complete your Advance Healthcare Directive.

## **DOCUMENTING YOUR CHOICES**

While having conversations with your agent, family and loved ones is important, you should also document your choices in an Advance Healthcare Directive. Once completed, the form should be signed by you and two witnesses. Having these signatures notarized is optional but advised.

## **WHO SHOULD YOU GIVE COPIES TO?**

Copies of the Advance Healthcare Directive are as good as the original. Make copies and give them to:

- Your healthcare agent and/or family members
- Your primary care physician and specialist(s) if appropriate
- Your preferred hospital
- Others who should know your choices (such as your lawyer or spiritual advisor)

## WHERE TO FILE YOUR DOCUMENTS

After making and distributing copies of your Advance Healthcare Directive, put the original in a safe place with your other important documents such as your Will and Financial Power of Attorney. The best place is in a fireproof lockbox (not in a safe deposit box). If you don't have a lockbox, putting documents in a sealed plastic bag in the freezer is an option.

## ADVANCE CARE PLANNING SPONSORING ORGANIZATIONS

- Bucks County Community College
- Bucks County Department of Health
- Bucks County Medical Society
- Doylestown Health
- Grand View Health
- Jefferson Health Bucks Hospital
- Lower Bucks Hospital
- St. Luke's Quakertown Hospital
- St. Mary Medical Center

For more information, please call **BCHIP** at **215-710-2201** or visit [www.bchip.org](http://www.bchip.org) to learn more or to make a tax deductible contribution.



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For more information visit  
[www.bchip.org](http://www.bchip.org)