

## Fact: Advance Care Planning Consultations Needed

What would happen if you experienced a sudden illness that prevented you from making your own medical decisions? How would you assure that you receive the kind of care that you wanted? Would your family or loved ones know enough about what you value and believe to feel comfortable about making decisions about your care?

According to the [End-of-Life Care Survey of Upstate New Yorkers: Advance Care Planning Values and Actions, Summary Report, 2008](#), nearly nine of ten local adults said it is important to have someone close to them making medical decisions for them if they were to have an irreversible terminal condition and were unable to make decisions. Yet, fewer than half had designated a "health care agent" to ensure their wishes are carried out.

Advance Care Planning is a process of planning for future medical care in case you are unable to make your own decisions. Each state has its own laws governing Advance Care Planning and the use of Health Care Proxy forms and Living Wills. Advance Care Directives from each state can be found at your state's Department of Health Web site or [caringinfo.org](http://caringinfo.org). While advance directive documents differ in each state, the Advance Care Planning process remains the same.