



# NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

Mark your calendars for this year's National Healthcare Decisions Day (NHDD)! We invite you to join us along with other Americans across the country to talk about your future healthcare decisions and to complete your health care proxy.

## **Title: The Brookdale University Hospital Medical Center's Palliative Care Committee is celebrating National Healthcare Decisions Day**

**When:** Friday, April 15, 2011  
**Time:** 10:00am – 2:00pm  
**Where:** Brookdale University Hospital Medical Center  
1 Brookdale Plaza  
Brooklyn, N.Y. 11212  
Brookdale University Hospital Medical Center Lobby

**Summary:** Displays/tables of informational literature on several topics such as, Advance Care Planning, Medical Orders on Life-Sustaining Treatment, Organ Donation will be available to professionals, community members. One thousand Brookdale Hospital Nurses will participate in a drive to complete their own Health Care Proxies.

## **Five Easy Steps**

- 1. Learn about Advance Directives**
  - NYS Health Care Proxy
  - NYS Living Will
  - MOLST
- 2. Remove barriers**
  - Identify reasons why you don't want to do an advance directive
- 3. Motivate yourself**
  - Focus on the benefits
- 4. Complete your Health Care Proxy and Living Will**
  - Have a conversation with your family and health care provider
  - Choose the right Health Care Agent
  - Discuss your values, beliefs and what is important to you
  - Understand life support or life-sustaining treatment
  - Share copies of your completed advance directives
- 5. Review and update**
  - Review and update your advance directives periodically

Learn more about, Five Easy Steps, Advance Care Planning and the National Healthcare Decisions Day New York State Coalition activities at **CompassionAndSupport.org**.



Compassion and Support  
at the End of Life  
CompassionAndSupport.org