



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.

Below are the dates, times and locations of the booths we have thus far for Advanced Care Planning Week

1. **April 13th**, from 9:00 – 11:30 a.m.
 - a. Endicott UMA
1302 East Main Street
Endicott, NY
2. **April 13th**, from 1:00- 3:00 p.m.
 - a. Primary Care Associates
153 Oakdale Road
Johnson City, NY 13790
3. **April 15th**, from 9:00 – 11:30 a.m.
 - a. UMA 507 Main Street JC
507 Main Street
Johnson City, NY
4. **April 15th**, from 1:00 – 3:00 p.m.
 - a. 303 Main Street
Binghamton, NY 13905

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**.

