



NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

Advance Care Planning: Community Conversations on Compassionate Care

Women in the Spirit

When: Monday, April 4, 2011

Time: 7:45 p.m. – 9:15 p.m.

Where: Church of the Transfiguration, 50 West Bloomfield Road, Pittsford, NY 14534

Presenter: Patricia Bomba, MD, Vice President and Medical Director at Excellus BlueCross BlueShield

Summary:

Learn more about the benefits to you and your family about making your future healthcare decisions and completing your health care proxy. Give yourself and your family a gift!

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