



Compassion and Support
at the End of Life



Five Easy Steps...

To help a healthy individual complete an Advance Directive

Give yourself and your family a gift!

While advance directive documents differ in other states, the Advance Care Planning process remains the same. If you have not completed your advance directives yet, these five steps will help ease you through the Advance Care Planning Process.


1. Learn About Advance Directives:

- [NYS Health Care Proxy](#)
- [NYS Living Will](#)
- Advance Care Planning Booklet ([English](#), [Spanish](#))
- [Advance Directives from other states](#)

2. Remove Barriers:

- Identify reasons why you do not want to do an advance directive.

3. Motivate Yourself:

- [Focus on the benefits](#)
- [View Full CCCC Video](#) 

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](#)

www.CompassionAndSupport.org

Community Conversations on Compassionate Care is a Community-Wide End-of-Life/Palliative Care Initiative
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