

# ADVANCE CARE PLANNING & HEALTH CARE DIRECTIVE

## WHY DO THESE MATTER?

**Advance care planning (ACP)** is the process of giving information to others about your health care choices in case illness or injury prevents you from telling them yourself.

A **health care directive (HCD)** lets you share what kind of care and treatment you do or do not want and how your choices relate to your future treatment if illness or injury prevents you from telling them yourself. It also allows you to choose your health care agent(s) who can make decisions for you when you aren't able.



## BENEFITS TO YOU

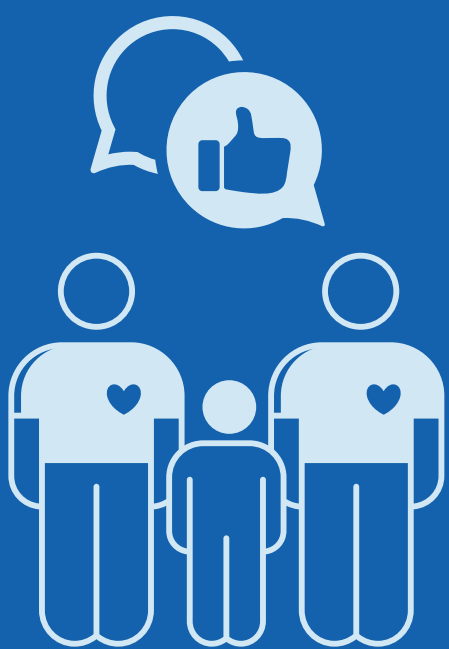
ACP is one way Allina Health supports you as your partner in health care throughout your life. This includes creating or updating a health care directive.

Anyone **age 18 years or older** should have a health care directive.

Creating a health care directive can help you:

- choose the people you want to be your advocate (health care agents)
- have a voice before a crisis or emergency arises
- have fewer unplanned or unwanted hospital stays and treatments
- reduce stress, anxiety and friction among family members
- get the right level of care
- have ongoing conversations with your health care provider and health care agents
- save money by not having to pay for care you don't want.

***A health care directive is for healthy people, too!***



**It's easy to get started!** Allina Health offers **free ACP classes** for all adults to learn how to create or update a health care directive.

- You do **not** need to be an Allina Health patient to attend a class.
- The educator will guide you on how to fill out a HCD, how to validate it, and review who needs a copy.

*"I was not planning on completing a health care directive as I thought I was "too young" but after taking this class I plan to fill one out and putting it together for just in case."*

*"I have been putting this off decades, now my motto is get it done."*

*- feedback from class participants*



**Sign up for a class today!**

Go to **[allinahealth.org/acpclass](https://allinahealth.org/acpclass)** to see a list of classes and send an email to register.

## IMPORTANT THINGS TO KNOW ABOUT A HCD:

- *You don't need an attorney to fill out a HCD.*
- *A HCD only focuses on your health care goals and values. (It does not include a will, estate planning or finances.)*
- *You can update your HCD at anytime.*
- *You do not have to be sick to have a HCD.*
- *Adults should have a HCD from the state in which you live.*
- *Your health care agent does not always have to be a spouse or family member; it could be a friend. You can have more than one agent.*

