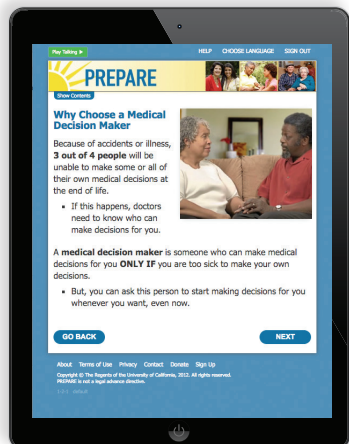


Prepare for Your Care: An Easy-to-Use Advance Care Planning Tool



Prepare for Your Care ([PREPARE](#)) is an online resource that helps people begin the important process of planning for medical decision-making.

Using video stories, PREPARE helps people explore their personal wishes and learn how to discuss them with family, friends, and medical providers.



www.prepareforyourcare.org

A Simple, Personalized, Multi-Cultural Tool

PREPARE was created and tested with input from patients and caregivers from culturally diverse populations. It uses lay language and video stories to guide users through five planning steps focused on values, preferences, and communication. PREPARE:

- Can be reviewed in English and Spanish.
- Can be used on computers, tablets, or smart phones.
- Is HIPAA-compliant and can save personal preferences for future updating.
- Includes the [PREPARE pamphlet](#) for how to get started.
- Includes the [PREPARE Movie Toolkit](#) for use in group medical visits, libraries, churches, and senior centers.
- Offers optional text voice-over and closed captioning of all videos.
- Features customizable, [easy-to-read advance directives](#) for nearly all 50 states.

Evidence-based, Proven Effective

In randomized trials, PREPARE & the easy-to-read advance directives increase advance care planning in 98% of English- and Spanish-speaking older adults, including 43% new medical record documentation.^{1,2}

A Strong Record of Sustained Growth

- PREPARE is based on the research of [Rebecca Sudore, MD](#), a geriatrician, palliative medicine physician, and Professor of Medicine at the University of California, San Francisco.
- Since 2013, PREPARE has attracted more than 140,000 unique visitors from 115 countries.
- PREPARE has been funded through the generous support of foundations and non-profits.

Users Create a Custom Summary of Wishes and an Advance Directive

- 1 Choose a Medical Decision Maker
- 2 Decide What Matters Most In Life
- 3 Choose Flexibility for Your Decision Maker
- 4 Tell Others About Your Wishes
- 5 Ask Doctors the Right Questions



Licensing Opportunities

PREPARE is exploring licensing opportunities for institutional use, which includes white labeling and data reporting capabilities. For additional information, please contact: info@prepareforyourcare.org

¹ Sudore RL, Schillinger MD, Katen MA et al. Engaging Diverse English- and Spanish- Speaking Older Adults in Advance Care Planning The PREPARE Randomized Clinical Trial. *JAMA Intern Med.* Published online October 29, 2018. doi:10.1001/jamainternmed.2018.4657

² Sudore RL, Boscardin J, Feuz MA, McMahan RD, Katen MT, Barnes DE. Effect of the PREPARE Website vs an Easy-to-Read Advance Directive on Advance Care Planning Documentation and Engagement Among Veterans; a Randomized Clinical Trial. *JAMA Intern Med.* 2017 Aug 1;177(8):1102-1109.