



## How To Help Other People With Their Medical Planning

When People Can Still Speak for Themselves



### This Guide Will Go Over:

- How To Bring Up the Topic of Medical Planning
- How To Ask Other People About Their Medical Wishes
- How To Help Other People Write Down Medical Wishes

### Medical Planning Allows People To:

- Name a trusted medical decision maker
- Tell their medical decision maker(s) and medical care team what is most important for their quality of life
- Write down their wishes on an **advance directive form**



### Important Ways People Differ:

- Some people do not want help making medical decisions
- Some may want one person or a group to speak for them
- And, some may not be ready to talk about or write down their medical wishes

**If someone is not ready, you may be just planting the first seed.**

“I care about you. When you are ready, I will be here to listen.”

## How To Bring Up the Topic of Medical Planning



### How To Say It:

“If something were to happen and you could not speak for yourself, the doctors may turn to me.”

“I really want to be prepared to tell them what is most important to you. I could really use your help.”

**OR**

“Remember that movie we watched (or what happened to our family member)?”

“It got me thinking about what is important for my own health in case of an emergency.”

“I really want to know what is important to you too.”

## How To Ask Other People About Their Medical Wishes



### What To Ask:

“Have you chosen someone who could help make medical decisions in case of an emergency?”

“Have you ever written your medical wishes down in an advance directive form?” Where do you keep it? Do you still agree with those wishes?

### If You Have Done Your Own Medical Planning:

“I have done my own medical planning, and I would like to share my medical wishes with you.”

“I would also like to learn what is important to you too.”



[PREPAREforYourCare.org](https://PREPAREforYourCare.org)

### Makes Medical Planning Easier

It is a step-by-step program with video stories that will walk your family and friends through **THEIR OWN** medical planning.

It also has free and easy-to-use advance directives. The forms focus on quality of life and what brings life meaning.

### How To Say It:

“I found this free program called **PREPARE for YOUR Care** that we could do together to help with medical planning.”

“It is easy to use, will walk us through step-by-step, and has these helpful video stories. Can we look at this together?”

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## How To Help Other People Write Down Medical Wishes



### How To Say It:

“I found this free program called PREPARE for **YOUR** Care that has easy-to-read advance directive forms.”

“It will walk us through filling out the form step-by-step and has these helpful video stories. Can we look at this together?”

### Review the Forms Over Time:

“Do you still want that person to make medical decisions for you in case of an emergency?”

“Do you still agree with your medical wishes on your advance directive?”

Go to [PREPAREforYourCare.org/prepare-for-their-care](https://PREPAREforYourCare.org/prepare-for-their-care) to see video examples and for more information.