

An Advance Health Care Directive can:

- Protect your health care rights.
- Make your health care wishes known.
- Shelter your family from the burden of making difficult medical treatment decisions.
- Help your health care team treat you in the best possible way according to your personal values, health care goals and wishes.

To learn more about Advance Health Care Directives, ask your health care provider or call (907) 729-1112 to schedule an ANMC Advance Care Planning Group Appointment.

Friends and family members are welcome.

Let your voice be heard!

**Alaska Native Medical Center
Palliative Care Department**
3900 Diplomacy Drive
Anchorage, Alaska 99508
(907) 729-1112

YOUR CARE, YOUR CHOICES

Advance Care Planning



Advance Care Planning is one way to be prepared for the unexpected.

Advance Care Planning lets your family, friends and health care team know how you wish to be cared for if you ever become seriously ill or badly hurt.

“One must be wise in knowing what to prepare for and equally wise in being prepared for the unknowable.”

Printed with permission from
Always Getting Ready / Upterrlainerluta
by James H. and Robin Barker

Why is Advance Health Care Planning Important?

- Have you ever known someone who had a serious accident or illness that left them unable to make medical decisions or speak for themselves?
- What was that experience like?
- If you were in a similar situation, would you have done anything differently?

When filled out properly, an Advance Health Care Directive becomes a legal record of your medical choices. An Advance Health Care Directive can be used to help your family and health care team get you the health care you want. An Advance Health Care Directive protects your health care rights and makes your wishes known.

You can change your Advance Health Care Directive at any time.

What is an Advance Health Care Directive?

An Advance Health Care Directive is a written form filled out during Advance Care Planning. There are two parts to an Advance Health Care Directive:

- **Part I: Choosing a Health Care Agent.** It is important to choose someone you trust to speak as “your voice” if you are unable to speak for yourself. Your Health Care Agent will tell your story and make health care choices for you based on what they know is important to you.
- **Part II: Filling out the Instructions for Health care, also known as a Living Will.** These instructions give specific directions about the medical treatment you want or do not want if you ever become seriously ill or badly hurt and unable to speak for yourself.