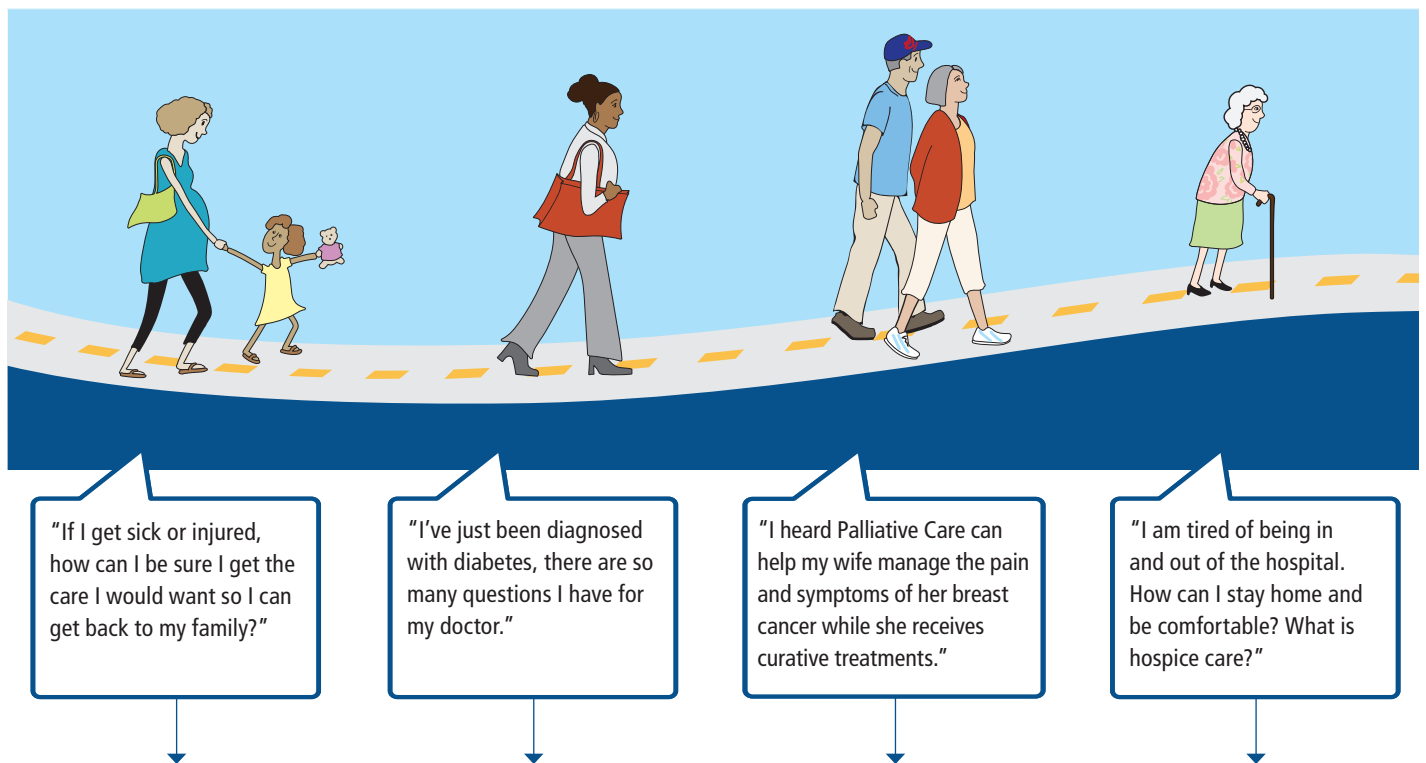


Make Your Own Health Care Plan. Your care. Your goals. Your voice.

Lahey Health has partnered with Honoring Choices Massachusetts since 2013 to provide you and your family with up-to-date health care planning information and easy to use tool kits. Every person, 18 years and older, should make choices about the care they want known. This can be done by writing down their choices in a personal Health Care Plan. Start to make your plan with the **"Getting Started Tool Kit"**. You can build on your plan with the **"Next Steps Tool Kit"**. Your Health Care Plan is your personal road map on your health care journey to receive high quality care that aligns with your care goals, values and choices all through your life.



"If I get sick or injured, how can I be sure I get the care I would want so I can get back to my family?"

"I've just been diagnosed with diabetes, there are so many questions I have for my doctor."

"I heard Palliative Care can help my wife manage the pain and symptoms of her breast cancer while she receives curative treatments."

"I am tired of being in and out of the hospital. How can I stay home and be comfortable? What is hospice care?"

Getting Started Tool Kit

Start Here! Make Your Plan.

1. Choose a Health Care Agent in a *Health Care Proxy* document;
 - No Agent? No Problem! Just start with Step 2.
2. Talk with family/friends about your care choices. Write down your care choices in a *Personal Directive* document;
3. Talk with your clinicians. Use the *"5 Things to Talk About with Your Care Providers"* discussion guide to get the best possible care *everyday!*

Next Steps Tool Kit

Build on Your Plan. Free fact sheets & discussion guides.

1. Talk with your clinicians about your care. Bring these handy discussion guides to your next appointment:
 - Managing Health & Chronic Illness Discussion Guide
 - Palliative Care Discussion Guide
 - Serious Advancing Illness Discussion Guide
2. Update and add to your personal plan:
 - Learn about a Durable Power of Attorney
 - For adults with serious illness, talk with your clinicians about Medical Orders for Life-Sustaining Treatment (MOLST) and a ComfortCare / Do Not Resuscitate Order (CC/DNR)
 - Learn about Palliative Care
 - Learn about Hospice Care

Download Free Tool Kits, Fact Sheets & Discussion Guides at www.honoringchoicesmass.com

For more information, please contact us at LHMC-PalliativeCareBurlington@lahey.org and 781-744-2042.