

NATIONAL HEALTHCARE DECISION DAY

HOW TO PREPARE FOR THE UNEXPECTED



OpusCare



Even during these uncertain and precarious times, it is so important to be prepared. There are a few things that any person can do to make an unexpected illness easier on a loved one to cope and to understand what one would want.

- Have an appointed documented decision-maker: now is the best time to complete Durable Power of Attorney, Healthcare Surrogate, Living Will, Advance Directives, or Five Wishes. These resources help to avoid family arguments and any legal ramifications.
- Educate yourselves on the possibilities of possible levels of care, treatments, or outcomes. What kind of care would you want or not want, and to what degree of treatment.
- Especially given the uncertainty of COVID-19, document and discuss with others what is essential for them to know about what are one's wishes for care, treatment, and outcomes.

It is important to remember, preparing for the inevitable won't make something happen. Getting prepared for your end-of-life doesn't mean it will happen anytime soon, but the reality is it will happen someday in the far future.

Be in the know. Lessen the fear of the unknown.