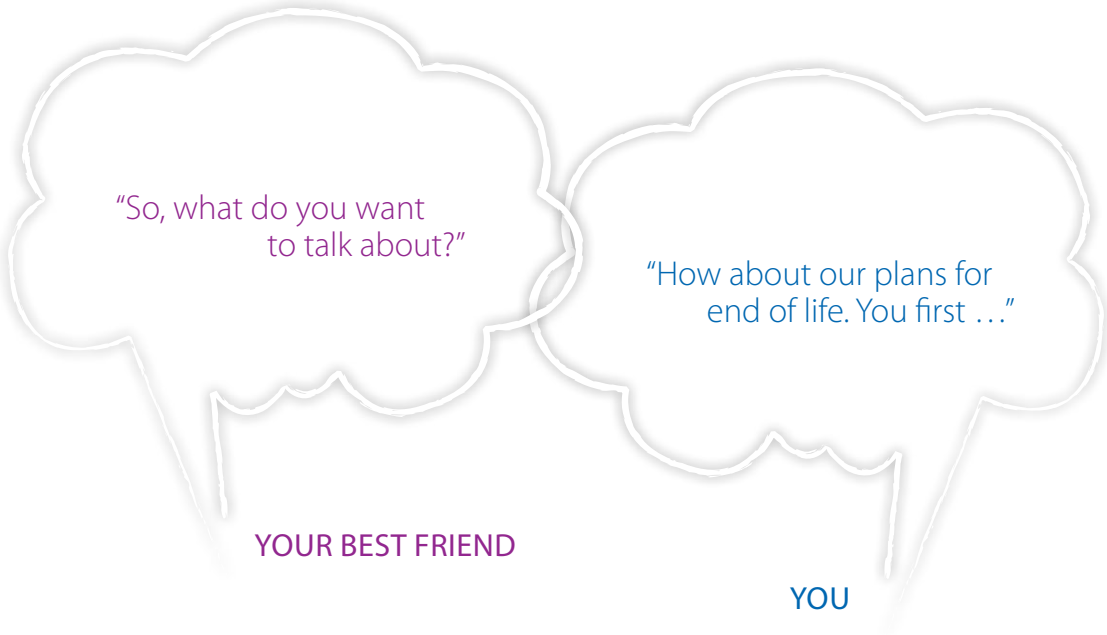


WHAT'S *your* PLAN?



This probably isn't the easiest way to begin a conversation about the last phase of life. But sharing your wishes with those close to you can relieve a tremendous burden on them should a situation arise where you cannot speak for yourself.

It's why we created these Conversation Starter cards. Print them out and take one topic at a time. Share your thoughts, and listen to the wishes of the people you love.

Then be sure to **put your plans in writing** *before* a crisis occurs!

What has life taught you that you want your loved ones to know?

Make your wishes known at
www.chot.org/whats-your-plan.

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If you knew you had six months to live, what would you want to be sure to do?

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What are your biggest fears about having a serious illness or dying?

Make your wishes known at
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Who would you want to be sure to see or spend your remaining time with?

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Where would you want to spend your final months, weeks or days?

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What's more important to you: Staying alive no matter what it takes or living a quality life?

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If you needed medical equipment constantly to stay alive, would you want to do so?

For how long?

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Are there any particular actions you would NOT want to take to keep you alive?

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If you couldn't make or communicate medical decisions for yourself, who would you want to do it for you?

Who would be an alternate choice?

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Have you ever told anyone what your wishes would be if you couldn't speak for yourself?

Ever written down or recorded those wishes?

Make your wishes known at www.chot.org/whats-your-plan.

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Have you written down your wishes to make them legal documents?

If not, find easy-to-use tools at www.chot.org/whats-your-plan.

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Do these reflect some of your end-of-life wishes?

- ~ I don't want to be in pain
- ~ I want to be at home
- ~ I don't want to be alone
- ~ I want to be treated with dignity

This is the kind of care Community Healthcare of Texas provides. To learn more about our not-for-profit, mission-driven philosophy, visit CHOT.org or call 800.226.0373.

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