

# How to make sure loved ones know the medical care you'd want

If you have a sudden accident or illness that leaves you unable to communicate, who would make medical decisions for you? Would they know what you want? *Speak(easy) Howard* is making it easier to talk to loved ones about your preferences. Get started by answering these questions and talking them over with those you love.

## Question 1

As a patient, what do you want to know about your care?

- 1 Everything. No sugarcoating. Tell me every downside and the chances things won't go well.
- 2
- 3
- 4
- 5 Just share what's absolutely necessary. No need to hear what might go wrong.

## Question 2

What are your concerns about care?

- 1 I'm worried that I won't get enough care.
- 2
- 3
- 4
- 5 I'm worried that I'll get overly aggressive care.

## Question 3

If I had a terminal illness, I would prefer to...

- 1 Not know how quickly it is progressing.
- 2
- 3
- 4
- 5 Know my doctor's best estimation for how long I have to live.

## Question 4

What makes you happy that would be important at the end of your life? *(Check all that apply)*

- Being in my home
- Being somewhere else special to me \_\_\_\_\_ (Name the place)
- Being with certain people \_\_\_\_\_ (Name them, or just put 'family' or 'friends')
- Doing something while I still can \_\_\_\_\_ (Name the activity)
- Being present at a special event \_\_\_\_\_ (Name the event)
- Something else \_\_\_\_\_

## Question 5

What else should your doctors and loved ones know about how you want to be treated if someone else is making your health care decisions?

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## Question 6

Who do you trust to make your health care choices if you can't?

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Great job! Now, share these preferences with your loved ones and name your health care agent.

See how at [SpeakEasyHoward.org](http://SpeakEasyHoward.org)

**SPEAK** *(easy)*  
HOWARD