



PSW healthy living tip

## Advance planning and advance medical care directives: start the conversation

No one really wants to think about personal end-of-life intentions. Taking steps to plan financial and related decisions in the form of wills, burial plans and the like is tough enough. Starting a conversation with your loved ones about end-of-life medical care decisions is difficult at best. But stating your wishes on paper in advance of death – **especially medical decisions in the form of a legal directive located in a readily retrievable location** – is one of the kindest gifts you can give to the people who care about you most during an emergent, potentially emotional and tumultuous time.

Physicians of Southwest Washington encourages seniors who haven't already done so to begin advance planning. Start by being informed. The NIH National Institute on Aging and the Washington State Medical Association (website addresses below) offer an abundance of specific information on advance planning and advance directives, including advance medical directives, and addresses many of the questions you may have around end-of-life care.

**Learn more at <https://www.nia.nih.gov/health/publication/advance-care-planning>  
and <https://wsma.org/advance-directives>**

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