

Your Health
Your Choice



Find Peace of Mind for You and Those You Love

*Planning in Advance for
Future Healthcare Choices*



GREATER FLINT HEALTH COALITION

Think about it. Talk about it. Share it.

ADVANCE CARE PLANNING

What is Advance Care Planning?

Advance Care Planning (ACP) is the process of becoming aware of, reflecting on, discussing, and planning for a time when you cannot make your own healthcare decisions.

Why is Advance Care Planning Important?

- You will choose a Patient Advocate
- Sudden things happen
- It can reduce stress on your loved ones
- Your healthcare wishes will be known
- It allows YOU to make choices

What is a Patient Advocate and How Do I Choose One?

A Patient Advocate is someone that you pick to make healthcare choices for you when you cannot make your own healthcare choices.

Anyone age 18 or older can be a Patient Advocate. You can pick your spouse, an adult child, a friend, or someone else. You should pick someone you trust, who can handle making choices, and who is willing to follow your plans.

Who Should Participate in Advance Care Planning?

Anyone over 18 years old can and should complete an Advance Directive. Talking about Advance Care Planning should be part of normal medical care because anyone can become seriously ill or injured at any time.

What Assistance is Available?

The Greater Flint Health Coalition and partnering Flint & Genesee County hospitals offer free help with Advance Care Planning. This free assistance can help you to reflect on and write down your end-of-life healthcare wishes and preferences.

For more information about Advance Care Planning, please call 810.232.2228 or visit yourhealthyourchoice.org

