



National Health Decisions Day (NHDD)

Friday, April 16th, 2021

**Please note that All Orange Underlined text links to website resources*

National Healthcare Decisions Day exists to inspire, educate and empower the public and providers about the importance of advance care planning.

The Conversation Project report on ABC: <https://youtu.be/J1r0Xbh0UVo>

What?

Advance Care Planning is planning for future medical wishes if you should ever be unable to make those decisions for yourself. The process of Advance Care Planning is important for anyone 18 years or older.

- Watch a [webinar](#) to learn more and download [FAQs](#).

Why?

Life can change in an instant, for anyone. By having conversations about the care and treatment you would want, empowers your family/friends/confidants to advocate for your wishes.

- “This can be a gift to your family.”
- “Without the conversation, there can be confusion, conflict, and guilt in a situation that’s already very stressful. With a plan in place, you can focus on the things that matter.”

When?

Start today, there is no time like the present!

How?

You do not need a lawyer or an elder law specialist. You can find free, Colorado resources, like a Medical Power of Attorney and a Living Will. Go to www.ColoradoCarePlanning.org

- [Start a conversation](#) with family, friends and your doctor about your values and wishes.
- Choose a [medical decision maker](#) to act on your behalf if you are ever unable to make decisions for yourself
- [Write down your wishes](#) that list how you would like to be cared for if you could not speak for yourself.
- In the cases of serious illness, a healthcare provider (MD/PA/NP) can help you complete a [MOST form](#) for care related to cardiopulmonary resuscitation or CPR, nutrition and medical interventions. The MOST Form should only be used for those with serious and life limiting illness.
- [Share your wishes](#) and documents with family, friends and providers.

Additional Resources

Looking for assistance completing your Advance Directives?

- Get free assistance at The [Colorado Gerontological Society](#)
 - Call **303-333-3482** or email Maria Madrid at maria.madrid@senioranswers.org.
- Look for more resources in your area at [The Conversation Project of Boulder County](#)
- Join one of [Tomorrow’s Choices Workshops](#)
- Resources in Northern Colorado: <https://www.larimeradvancecare.org/>

Center for Improving Value in Health Care (CIVHC) is an objective, not-for-profit organization. Through services, health data, and analytics, we partner with Change Agents to drive towards the Triple Aim for all Coloradans. A key initiative we have is to help provide education and resources for Advance Care Planning (ACP) and host a bi-monthly ACP stakeholder meeting. For more information about CIVHC or the ACP work, please reach out to Kari Degerness at kdegerness@civhc.org.