

About Our Program.

Sharing Your Wishes encourages all adults – especially seniors and frail elders – to communicate their health care wishes to family, friends and health care providers.

This is a project of the Niagara Caregivers Network, a consortium of organizations providing medical, emotional and spiritual care in Niagara and Erie Counties.

Other sponsors of *Sharing Your Wishes* include the Council on Aging of Niagara County, Inc., and the Coalition of Agencies in Service to the Elderly.

Sharing Your Wishes is supported by a grant from the Community Health Foundation of Western and Central New York. The Community Health Foundation is a non-profit private foundation with a mission to improve the health and health care of the people of Western and Central New York

This mailing is possible through the generous support of



Council on Aging of Niagara County, Inc.
1302 Main Street
Niagara Falls, NY 14301

Sharing Your Wishes



*What if you aren't
able to speak for yourself?*

*A project of the
Council on Aging
of Niagara County
and the
Niagara Caregivers Network*

If you want a say in your health care, you must take action.

Are you prepared?

The day might come when you cannot speak for yourself, due to a coma, memory problem or illness.

In New York State, no one – not even a spouse – has the legal authority to make care decisions for someone who cannot make his or her own choices known. If the health care system decides for you, your own wishes may be ignored.

The most important step is to appoint an agent to speak for you through a health care proxy form.

You don't need an attorney to complete this legal document.

If you want a say in your health care, you must take action.

The choices are yours. Let us help you.

By preparing for the future, you'll have peace of mind – and so will your loved ones. Here's how *Sharing Your Wishes* can help:

If you've already completed a health care proxy form ...

... we can help you make sure it's up to date. Does it reflect your current wishes? Is the agent you have chosen still the best person to speak for you if you can't speak for yourself?

If you've never completed a health care proxy form ...

... we can help you to record your wishes in a legal document without having to hire a lawyer. Who is the best person to speak for you if you can't speak for yourself? What kind of care do you want?

Read our free information booklet.

Our *Sharing Your Wishes Information Booklet* will guide you through creating a health care proxy.

Free copies are available at these locations:

- Council on Aging of Niagara County, Inc.
1302 Main St., Niagara Falls
- Dale Association's Lockport Senior Centre
33 Ontario Ave., Lockport
- Niagara County Office for the Aging
111 Main St., Lockport
- Niagara Hospice
4675 Sunset Dr., Lockport

Or call us at 716-285-8224 to receive a copy by mail. Shipping and handling costs are \$2.

Attend one of our workshops.

Call us at 716-285-8224 to find out about upcoming workshops in Niagara County.

Set up a workshop for your group.

Our professional staff will gladly give a free workshop for your club, work site, church or other organization. Call us at 716-285-8224 for details.