

# Sharing Your Wishes™

Enhancing health care decision-making



## **Give them peace of mind, not tough choices**

**The most important thing you can do is plan ahead and talk with others about your wishes.**

- Plan ahead so you can receive the care that is important to you and matches your wishes.
- Plan ahead to help your family and friends understand your wishes if you can no longer make choices for yourself.
- Plan ahead to give you and your loved ones peace of mind.

## **Four easy steps to plan ahead**

- Think about what is important to you and how you want to receive care.
- Select a person to speak for you if you are unable to speak for yourself.
- Talk about your health care wishes.
- Put your choices in writing using the New York State Health Care Proxy form.

**For more information about how you can make sure your health care wishes are known, understood, and honored contact:**

**Erie County:  
Coalition for Health Care Decision-Making  
(716) 686-8070**