



Plan TODAY for
peace of mind
TOMORROW.

Make your healthcare
decisions known.

At Hospice of the Piedmont, we understand the importance of planning ahead.

We're here to help you start the conversation and take the next steps with confidence.

Scan to claim
your **FREE** Five
Wishes
workbook and
start the
conversation



Making your wishes known today helps ensure that your care reflects what matters most to you.



FIVE WISHES WORKBOOK

Five Wishes is a simple, plain-language guide that helps you document your healthcare wishes and share them with loved ones and healthcare providers.

This advance care planning workbook goes beyond medical decisions to address five key areas:

1

The person you want to make decisions for you.

2

The medical care you do or do not want.

3

How comfortable you want to be.

4

How you want people to treat you.

5

What you want your loved ones to know.

KEY TERMS

Advance Directive: A legal document that outlines your healthcare preferences if you cannot communicate them yourself.

Healthcare Agent or Proxy: The person you choose to make healthcare decisions for you if you are unable to do so.

Living Will: Part of an advance directive that explains what types of life-sustaining

Life-Sustaining Treatment: Medical treatments that keep a person alive when their body cannot function on its own, such as CPR, breathing machines, or feeding tubes

Palliative Care: Medical care focused on relief from pain, symptoms, and stress related to serious illness.

Hospice Care: Care focused on comfort, dignity, and quality of life for people facing serious illness near the end of life.



Why Advance Care Planning Matters

- ✓ Ensures your healthcare wishes are known and respected.
- ✓ Reduces stress and uncertainty for your loved ones.
- ✓ Gives you a voice in medical decisions, even if you are unable to speak for yourself.
- ✓ Helps to prevent disagreements by clearly outlining your preferences.
- ✓ Allows you to choose a trusted agent to make decisions on your behalf.
- ✓ Provides peace of mind knowing you've planned ahead.

PUT YOUR PLAN INTO ACTION

- Talk with your healthcare agent and loved ones about your wishes.
- Share copies with your healthcare agent, family, and physicians.
- Upload to your patient portal or include in your medical records.
- Keep a copy in an easy-to-find place at home.
- Bring a copy to medical appointments or hospital visits.
- Carry a wallet card noting you have an advance directive, and the name of your healthcare agent.
- Review and update regularly (every 1-2 years or after major life changes).