



# PLAN TODAY FOR TOMORROW

**FILL OUT AN ADVANCE DIRECTIVE  
TO SHARE YOUR WISHES AND EASE YOUR MIND**



## **WHAT IS AN ADVANCE DIRECTIVE?**

It's a written instruction telling your family and health care team what you want done in case you have a serious illness or injury and cannot speak for yourself.



## **PROTECT YOUR WISHES**

Your Advance Directive guarantees you're the one making the decisions about the treatment or care you receive — not anybody else.



## **FOR PATIENTS OF EVERY AGE AND HEALTH STATUS**

People of every age and health status fill out Advance Directives, even before routine procedures. Some even update them as they go through different life events and health issues.



## **REMOVE STRESS AND ANXIETY**

Studies prove that patients and their families with an Advance Directive in place suffer much less stress, anxiety and depression about medical decisions.



## **WE'RE HERE TO HELP**

For more information, visit City of Hope's Sheri & Les Biller Patient and Family Resource Center to pick up the educational booklet *Making an Advance Directive* or ask to speak to a Clinical Social Worker.



**City of Hope**<sup>®</sup>

Sheri & Les Biller Patient and Family Resource Center  
Department of Supportive Care Medicine  
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