

It can be difficult to predict long-term medical issues you may encounter in the future. Planning now can help you when that time comes, and, whether it happens to you or a close loved one, it usually does.

1. Research your family history and medical conditions.
2. Gather records about your current health and medical conditions.
3. Brainstorm a list of people who might help you in a medical or long-term care situation.

Fill in the form below to concentrate on the conversations you might have with your loved ones, friends or other professionals to talk through potential scenarios. Even if they never happen, making a plan can give you peace of mind.

What is critical to my decision making about medical and long-term care?	What would be nice to have in decisions about medical and long-term care?	Who do I need to talk to about this?
No extraordinary care should be provided if I am incapacitated	To spend my final days at home or in a hospice house	Spouse, children, attorney