

April is Health Care Decisions Month: **Who's Your Agent?**



Jenny and her friend Kate



Peter and his son Jack



Emily and her sister Lise



Cathy and her husband Tom



Maggie and her neighbor Jean



Carol and her mother Pat

A Health Care Agent is your advocate, a person you trust to make health care decisions when you are unable to make decisions yourself.

Starting at 18 years old, you can:

- Choose a Health Care Agent in a **Health Care Proxy** and
- Give your Agent instructions for care in a **Personal Directive (Living Will)**.

It's simple to do. **Just download a free "Getting Started Tool Kit"**

It has step-by-step instructions and free planning documents to start to make your own health care plan.

*For more information ask your Honoring Choices Partner
or go to www.honoringchoicesmass.com*