

# 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

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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 make your own health care plan.

*For more information ask your Honoring Choices Partner  
or go to [www.honoringchoicesmass.com](http://www.honoringchoicesmass.com)*