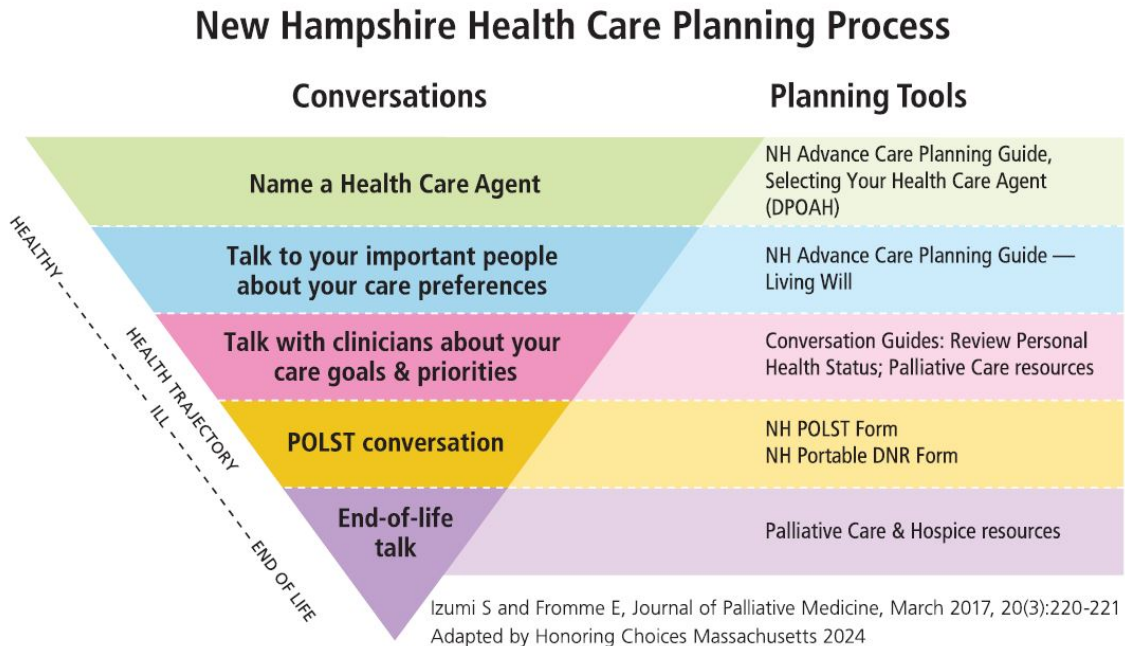


# New Hampshire Health Care Planning Process

## Step by Step Process and Additional Tools and Resources



### Name a Health Care Agent

For consumers and health care providers:

- NH Healthy Communities makes available the Advance Care Planning Guide that includes the Disclosure Statement.  
[https://healthynh.org/wpcontent/uploads/2024/04/Advance\\_Care\\_Planning\\_Guide\\_Revised\\_FI\\_NAL-3.pdf](https://healthynh.org/wpcontent/uploads/2024/04/Advance_Care_Planning_Guide_Revised_FI_NAL-3.pdf) Minimalist approach would be to fill out forms on pages 13 & 15.

For consumers:

- NH Healthy Communities makes available the Advance Care Planning Guide that includes guidance on choosing a Health Care Agent – see pages 10-12  
[https://healthynh.org/wpcontent/uploads/2024/04/Advance\\_Care\\_Planning\\_Guide\\_Revised\\_FI\\_NAL-3.pdf](https://healthynh.org/wpcontent/uploads/2024/04/Advance_Care_Planning_Guide_Revised_FI_NAL-3.pdf)
- The Conversation Project Guide to Choosing and Being a Health Care Proxy  
<https://theconversationproject.org/wpcontent/uploads/2020/12/ChooseAProxyGuide.pdf>

### Talk to Your Important People About your Care Preferences

For Consumers:

- Advance Care Planning Guide that includes the Disclosure Statement and guidance on choosing a Health Care Agent. [https://healthynh.org/wpcontent/uploads/2024/04/Advance\\_Care\\_Planning\\_Guide\\_Revised\\_FINAL-3.pdf](https://healthynh.org/wpcontent/uploads/2024/04/Advance_Care_Planning_Guide_Revised_FINAL-3.pdf)
- The Conversation Project Conversation Starter Guide <https://theconversationproject.org/get-started>

### Talk with clinicians about your care goals & priorities

For Consumers and Health Care Providers:

- Advance Care Planning Guide that includes the Living Will on page 14 [https://healthynh.org/wpcontent/uploads/2024/04/Advance\\_Care\\_Planning\\_Guide\\_Revised\\_FINAL-3.pdf](https://healthynh.org/wpcontent/uploads/2024/04/Advance_Care_Planning_Guide_Revised_FINAL-3.pdf)
- The Conversation Project <https://theconversationproject.org/get-started#Your-Guide-for-Talking-with-a-Health-Care-Team> and <https://theconversationproject.org/get-started#Get-the-Most-out-of-my-next-medical-appointment>
- About Palliative Care <https://www.capc.org/about/palliative-care/>
- Get Palliative Care <https://getpalliativecare.org/>
- The Dartmouth Dementia Directive [Dartmouth Dementia Directive-V39-11-25-2022.pdf](#)
- Christian Science Directive [Christian Science Directive 2020.pdf](#)
- Veterans Affairs Advance Directive [VA Advance Directive Form.pdf](#)
- Three Beliefs (Catholic Directive) [Three Beliefs NH.pdf](#)

### POLST Conversation

- NH POLST form [New-Hampshire-POLST-6-14-23 sample.pdf](#)
- NH Portable Do Not Resuscitate form [Sample PDNR form 11.23.pdf](#)
- National POLST - <https://healthynh.org/wp-content/uploads/2022/10/2022.03.16-Who-Needs-a-POLST-Form.pdf>
- <https://healthynh.org/wp-content/uploads/2022/10/2022.03.16-Patient-POLST-Form-Guide.pdf>

### End-of-life talk

For Consumers:

- The Conversation Project – What Matters to Me Workbook <https://theconversationproject.org/get-started#What-Matters-to-Me-Workbook>
- Navigating Life’s Final Journey <https://patocwriter.com/books.html>
- Palliative Care or Hospice [https://www.nhpco.org/wp-content/uploads/2019/04/PalliativeCare\\_VS\\_Hospice.pdf](https://www.nhpco.org/wp-content/uploads/2019/04/PalliativeCare_VS_Hospice.pdf)

For Health Care Providers:

- Serious Illness Guide [Serious Illness Guide 2024.pdf](#)
- Vital Talk [Transitions Goals of Care - VitalTalk.pdf](#)
- CAPC – Center to Advance Palliative Care <https://www.capc.org/toolkits>

For more information, visit The Foundation for Healthy Communities, [Home - FHC](#)