

# [My Care, My Choice: Advance Care Planning Workshop](#)

Date and Time

Wednesday 12/18/2024 9:00 to 10:00am

Event URL

[Register](#)

Event Region

Statewide

Event Type

Webinar

RSVP Info

Contact Eleanor Jones at [ejones@ramdocs.org](mailto:ejones@ramdocs.org)

Event Cost

\$0.00

Event Description

## **Advance Care Planning**

Choosing decision makers and preparing them to make decisions for you if you couldn't speak for yourself is called advance care planning. It begins with a conversation when you are healthy, ahead of a crisis. Have you made a plan? Do those supporting you know what they would need to do? Whether your advance directive is 10 years old, 2 weeks old, or you're just thinking about making one for the first time, come learn how to make sure that you have a say in your own care no matter what happens.

### **Goals:**

- Examine some of the reasons why it's important for everyone to plan for future medical decision making
- Understand advance care planning, your rights as a patient, and the decisions you should consider when making a plan
- Learn about the resources available to help you develop a strong advance care plan

**Audience:** Individuals interested in completing their own advance care plan.

**Advance registration is required.**

Event Image or Sponsor Logo

Image

