

# Advance planning a gift to family

We are now in the midst of vacation season and many people will be traveling over the Fourth of July holiday. Accidents happen. What if you experienced a severe injury that left you unable to express your wishes regarding your health care? Would your family and friends know what kind of medical care you would or wouldn't want?

Honoring Your Wishes is a community-wide initiative that promotes advance care planning. The process includes meeting with a certified Advance Care Planning facilitator to reflect upon your values and beliefs, and develop a written plan that outlines how you want your medical care handled in the event you are unable to make your own decisions. I encourage every adult to have an advance directive. I've had this difficult discussion with my family and it's reassuring to know that they understand what I value in life. This discussion will help guide them if I am unable communicate my wishes.

I consider it a gift to my family.

For more information or to schedule a meeting with an Advance Care Planning facilitator, go to [www.honoringyourwishes.org](http://www.honoringyourwishes.org).

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