

Health directives include advance medical directives, also known as a health care directive, living will, personal directive, advance directive, or advance decision. They are legal documents in which a person specifies their wishes for future health or medical treatment if they are no longer able to make decisions for themselves. The advance directive designates the individual(s) who can make health care decisions on their behalf.

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Article

## **[A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners](#)**

A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners contains resources and information for advanced care planning.

Source

[BOLD Public Health Center of Excellence on Dementia Caregiving \(PHCOE-DC\)](#)

Books & Guides

## **[Conversation Starter Guide: For Caregivers of People with Alzheimer's or Other Forms of Dementia](#)**

The Conversation Starter Guide called For Caregivers of People with Alzheimer's or Other Forms of Dementia will help you and your family to understand what matters most to someone living with Alzheimer's or another form of dementia, and help them have a say in their health care.

The Conversation Project has additional Conversation Starter Guides available on related topics to help you have "the conversation" with the important people in your life about future health care needs including end-of-life care.

Source

[The Conversation Project](#)

Article

## **Virtual Advance Care Planning Conversations from Honoring Choices Virginia**

Find out about Honoring Choices Virginia's Virtual Advance Care Planning Conversations.

Source

[Honoring Choices® Virginia](#)

Links

## **The Virginia POST Collaborative: Physican Orders for Scope of Treatment**

Source

[The Virginia POST Collaborative: Physican Orders for Scope of Treatment](#)

Links

## **PREPARE for Your Care**

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[PREPARE for Your Care](#)

Videos

## **Choosing Your Own Path from Honoring Choices Virginia**

The Choosing Your Own Path video from Honoring Choices Virginia shares real stories about loved ones and choices they wish they could have made.

Source

[Honoring Choices Virginia](#)

Article

## **Honoring Choices Virginia: Advance Care Planning Resources and Tools**

Honoring Choices Virginia has developed a suite of educational materials about advance care planning and related topics. These resources are free to the public and available for personal download.

Source

[Honoring Choices® Virginia](#)

Books & Guides

## **Because I Love You: A Guide to Thinking About, Talking About and Planning for the Future with Family and Friends**

The Because I Love You (BILY) planning guide was developed by Honoring Choices Virginia to help you begin thinking about important future needs, such as health care, long-term care, estate planning, and funerals.

Source

[Honoring Choices® Virginia](#)

Article

## **Getting Your Affairs in Order: Advance Care Planning Checklist**

Have you done Advance Care Planning for your health care. Are your affairs in order? This infographic provides a checklist to make legal and financial plans now for your health care in the future.

Source

[National Institute on Aging](#)

Article

## [Advance Directives and Long-Term Care](#)

Advance directives explain how you want medical decisions to be made when you're too ill to speak for yourself.

Source

[Centers for Medicare & Medicaid Services](#)

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