

My Life, My Choices™ **Planning Today for Future Healthcare Decisions**



Photo by Marianne Gontarz-York

Hospice By The Bay is pleased to offer a community education program about advance care planning, *My Life, My Choices*, to equip individuals with the information needed to make informed decisions and successfully advocate for quality end-of-life care – for themselves and their loved ones.

Hospice offers **free** community workshops, presentations to community groups, trainings for healthcare professionals, and personalized one-on-one facilitation for individuals or small groups. Presentations to corporations and Employee Assistance Programs are also available.

My Life, My Choices workshops address:

- Understanding advance care planning and advance directives;
- Choosing a health care agent to make decisions on one's behalf;
- Identifying values and goals regarding comfort and medical treatment choices;
- Communicating end-of-life wishes to loved ones and healthcare providers;
- Effectively advocating for one's wishes to be honored; and
- Recognizing when comfort care may be more appropriate than aggressive treatment.

Workshop participants receive a handbook of resources and practical information, which includes Advance Directive forms, informational articles, and worksheets.

Personalized consultation sessions can be scheduled with a Certified Advance Care Planning Facilitator for individuals, couples, families, or small groups to discuss their specific situation and help guide these sometimes difficult conversations.

For more information, contact Ann McEntee, Director of Provider and Community Relations at (415) 526-5612 or visit www.hospicebythebay.org.