

Decision Making

You may be caring for someone who needs assistance with day-to-day chores and tasks, but can still make their own decisions about personal matters such as, medical care, and household issues.

Knowing and understanding your loved one's values and wishes will be important as you become responsible for making decisions for them. Advance care planning is the process that allows your loved one to make decisions about the care they would want to receive if they happen to become unable to speak for themselves.

Encourage your loved one to complete an advance directive. Advance directives are tools that enable people to write down their preferences on a legal form and appoint someone to speak for them if they are no longer able. Advance care planning can help ensure peace of mind for your loved one and for you, the caregiver.