



# NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

## Likely media questions and suggested responses:

### **Why is National Healthcare Decisions Day happening?**

NHDD exists to “to inspire, educate and empower the public and providers about the importance of advance care planning.”

### **Why is NHDD targeted at the public *and* providers?**

All adults should discuss and document their healthcare wishes in the event of a crisis. Accidents and acute illness can happen to anyone at any time, but far too few adults have done anything to plan ahead.

It is well known that providers can do a better job of raising the topic of advance care planning and incorporating patient’s wishes into their delivery of care.

NHDD offers a chance to address both these populations at the same time.

### **Why is NHDD on April 16?**

It was inspired by Benjamin Franklin’s quip that “nothing in life is certain but death and taxes.”

### **Is NHDD only about end-of-life decisions?**

No. NHDD encourages all adults to discuss and document their wishes for *any* event in which they cannot speak for themselves.

### **How many Americans have engaged in advance care planning?**

Various studies suggest that only about a quarter of all adults have engaged in advance care planning.

### **Is it difficult to engage in advance care planning?**

No. You can access resources and the advance directives form at:  
[IdahoLivingAndDying.Well.Org](http://IdahoLivingAndDying.Well.Org).

**Do I need a lawyer to create an advance directive (living will, health care power of attorney, etc)?**

No. Free forms and information are available at [IdahoLivingAndDyingWell.Org](http://IdahoLivingAndDyingWell.Org).

**Are you doing this to encourage people not to seek aggressive care?**

Absolutely not. We want to encourage people to discuss and document their wishes so that they get the *right* care for them. For some patients this may mean aggressive care and for others it means nothing more than managing pain.

**How can people help?**

First, lead by example. Do your own advance care planning. Then, let others know about it. For your loved ones, you want to be sure they know your wishes. For everyone else, it is good enough to say you've done it. Then, encourage all those contacts to do the same.