To help in the ease of documenting your wishes, we have summarized simple steps and resources into two parts:

1. Write down your thoughts and questions as you begin the process of advance care planning, have conversations, and seek help from our partners.

2. A checklist for the simple process, remembering that this is an ongoing process and can be updated at any time in the future.

Additional information, including a glossary of terms and a list of southern Arizona service Partners who can provide education and assistance with the process can be found at [EOLCP Resources](#) or by contacting one of our Partners.

### My Advance Care Planning Reflections

<table>
<thead>
<tr>
<th>My values/what is important to me</th>
<th>Questions about advance care planning</th>
</tr>
</thead>
<tbody>
<tr>
<td>What I want to tell my loved ones</td>
<td>What I want to tell my healthcare providers</td>
</tr>
</tbody>
</table>

[SCAN QR CODE](#)
My Advance Care Planning Checklist

WHERE TO START

Step One: Identify your trusted people

☐ Talk to healthcare providers about your values, wishes, any questions about your health.
☐ Identify someone to make decisions for you if you should become incapacitated.

Step 2: Identify what is important to you

☐ Review The Conversation Project Starter Guide *optional but recommended*
☐ Attend an Advance Care Planning Workshop or set up time for individualized coaching
  (to find a workshop, visit https://azendolifecare.org/events/ or visit our resource page)
  *optional but recommended*

Step 3: Have the conversation

☐ Talk to loved ones about your values and wishes.

Step 4: To access and print forms, visit the Where To Start page at
https://azendolifecare.org/where-to-start/

☐ Living Will (found within Five Wishes): date completed __/____/____
☐ Healthcare Power of Attorney (found within Five Wishes): date completed __/____/____
☐ Mental Healthcare Power of Attorney: date completed __/____/____
☐ Do Not Resuscitate (ensure that DNR is printed on orange paper): date completed __/____/____
☐ Review information on organ and tissue donation from Donate Life Arizona
  *optional but recommended*

Step 5: Save and share your documents

☐ Provide copies of completed documents to loved ones
☐ Provide copies of completed documents to healthcare providers
☐ Upload to Arizona Healthcare Directives Registry*
☐ Ask your healthcare, financial, or legal providers if they are subscribed to the AzHDR and can
  register these documents for you.
☐ Make sure DNR (if completed) is kept visible

*Please note that if you are uploading the documents yourself (without the help of a subscribed healthcare, financial, or legal
provider), the Registration Agreement must be notarized, even if you have chosen to have your advance directive documents
witnessed. If a subscribed provider uploads them for you, it will not need to be notarized.*