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Advance Care Planning (ACP) provides an opportunity to plan for future care and support, including medical treatment.

We're here to help. Please let us know if you have a question or feedback by emailing [info@seniornavigator.org](mailto:info@seniornavigator.org). Be sure to include your city, county, or zip code so we can better meet your needs.

## Planning for Your Care

- The ACP process helps individuals understand and share their personal preferences and values regarding future care and treatment.
- ACP can improve health care communication, clarify care goals, prepare individuals for end of life, and decrease family caregiver burden.
- Most older adults have not engaged in ACP and even fewer have discussed ACP with their family physicians (NIH, 2018).

- Older adults and families can find the resources and information they need to connect with appropriate ACP supports and services.

## Key Articles

- [Getting Your Affairs in Order: Advance Care Planning Checklist](#)
- [Advance Care Planning: Healthcare Directives](#)
- [Advance Directives and Long-term Care](#)
- [Honoring Choices Virginia: Planning Resources and Tools](#)
- [AARP's Prepare to Care: A Planning Guide for Families](#)
- [Make a Medical Plan and Hospital "Go Bag" During COVID-19](#)
- [Virginia Advance Health Directives](#)

## Tip Sheets & Tools

- [Because I Love You Guide from Honoring Choices Virginia](#)
- [Advance Care Planning: Tips from the National Institute on Aging](#)
- [Advance Directive Wallet Card](#)
- [CDC Complete Care Plan Form](#)
- [Tool Kit for Health Care Advance Planning from the ABA](#)
- [Conversation Starter Guides](#)
- [Who Will Speak for You? VIDEO \(TCP\)](#)
- [How to Talk to Your Doctor](#)
- [POLST Standard of Care Summary](#)
- [Choosing Your Own Path VIDEO \(HCV\)](#)

## Stay Connected

- [Aging with Dignity \(Five Wishes\)](#)
- [The Conversation Project](#)
- [Honoring Choices Virginia](#)
- [PREPARE for Your Care](#)
- [POLST - Physician Orders for Life-Sustaining Treatment](#)
- [The Virginia POST Collaborative](#)

- [MYLO - Mind Your Loved Ones App](#) (in cooperation with the ABA)
- [CaringInfo](#) (program of the National Hospice and Palliative Care Organization)

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[Visit the AgingCare Caregiver Forum to interact with other caregivers!](#)

## **Your Local Programs**

- [Virginia Area Agencies on Aging](#)
- [ConnectVirginia](#) (Virginia Advance Health Care Directives Registry)

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