In life, we plan for many things. When we are preparing for the future, we think about our beliefs, values and what is most important to us. Then we make decisions. The thought process is the same when planning your advance directive.

What is an Advance Directive?
An advance directive is a formal, written plan that lets others know your future choices for healthcare and end of life care.

Developing an advance directive offers an opportunity to learn about the healthcare choices you have, decide what you want and don’t want, make a formal plan, and share it with your loved ones and healthcare team.

Why is an Advance Directive Important?
Your advance directive states your choices for health care and end-of-life care in writing exactly the way you want them. This supports your loved ones and saves them from feeling unsure about making health care choices for you. Most importantly, it ensures your wishes will be followed even if you cannot speak for yourself.
What Is Included in an Advance Directive?

An advance directive is a legal record or form that describes your future health care choices. It includes your choices for:

- **Health Care Power of Attorney**
  
  This is a person you choose to make health care choices for you if you are not able to make them for yourself. If a decision needs to be made that is not listed in your advance directive, this person will make the decision. Be sure to choose someone who knows your wishes and who you trust.

- **Living Will**
  
  This is a list of the treatments you want and don’t want when end-of-life is near. It may include your choices about medicines, treatments for pain, a tube for breathing or donating organs.

- **Do-Not-Resuscitate (DNR) and Do-Not-Intubate (DNI)**
  
  A DNR and DNI tells your health care team your choices about getting help with breathing or restarting the heart if end-of-life is near. Your doctor will provide the forms for you to complete together. The completed form is kept in your medical chart. Ask your doctor or member of your health care team to explain how this may apply to your care.

Each state has their own rules for creating an advance directive. Be sure to follow the rules for your state. [CaringInfo.org](https://www.caringinfo.org) offers free advance directive forms for each state. Other resources that can help with planning an advance directive can be found at [Cancer.org](https://www.cancer.org) and [MayoClinic.org](https://www.mayoclinic.org).

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**Learn** about the choices you have.

**Decide** what is important to you.

**Plan** for your future health care and end-of-life care.

**Share** your wishes with loved ones and your health care team.

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**GO2 Foundation for Lung Cancer**

For more information about lung cancer support options, or other available resources, please contact our **HelpLine** at 800-298-2436 or **support@go2foundation.org**.