

Your Health Checklist: Storing and Updating Your Advance Directive

Once you have your advance directive in place, it's important to store and update it correctly.

Follow this checklist to help you keep your advance directive safe and up to date:

Do: Keep a copy of your advance directive in a safe place. Tell your loved ones where it is in case they need it.

Do: Give a copy of your advance directive to your surrogate decision maker, your healthcare provider, and loved ones.

Do: Take a copy of your advance directive to the hospital if you are ever admitted. Staff will add it to your chart for easy reference.

Do: Review your advance directive every year.

Do: Update your advance directive when needed.

Do not: Forget to have a witness with you when you make changes.

Do not: Forget to sign and date your updated advance directive.

Do not: Forget to give copies of your updated advance directive to your loved ones and healthcare provider.

When people love you and think they know what is best for you, it can be emotional and stressful.

Don't leave them wondering what is best—write it down in an advance directive. Store it somewhere safe. And review it on a regular basis.