# WHY ADVANCE

It can help meet all your care needs.

**WHY ADVANCE CARE PLAN?**

It reduces unwanted health treatments, care or healings.

Insert Picture Here- the picture can be of community member, of nature or of the community in general.

If you are noe Planning helps guide your decision maker.

It can lessen your loved one’s and your community’s stress, anxiety and guilt.

It can help your community respect your wishes.

It can lessen conflict or arguments.

It provides you the opportunity to choose your substitute decision maker.

It can aid in navigating Western medicine.

***Entering the health care system, for example going into the Hospital, can be overwhelming and stressful. Advance Care Planning encourages you to talk about what is important to you before you get seriously i***

Insert logos of community and community agencies that support advance care planning here. Insert contact information of local lead if needed here.