Your Advance Directive Checklist

Seven steps to documenting your healthcare wishes in New York State

1. **Reflect on your wishes**
   Think about your values, your quality-of-life priorities, and what matters most to you in a medical crisis.

2. **Choose your health care agent**
   Decide who you trust to make medical decisions for you if you become unable to speak for yourself.

3. **Have the conversation**
   Talk with your proxy and family about your beliefs, specific scenarios, and what you would want.

4. **Complete your Health Care Proxy form**
   Download, fill out, and sign New York's Health Care Proxy form with your chosen witness.

5. **Share copies with the people who need them**
   Give copies to your proxy, your primary care physician, and close family members.

6. **Keep it accessible**
   Store copies where they can be found quickly: at home, with your proxy, and digitally if possible.

7. **Review and update as life changes**
   Revisit your wishes after a major health change, a move, or a change in your proxy relationship.

Helpful Tip: Print the Health Care Proxy form before your conversation. Having it in front of you makes the discussion easier to start, and easier to finish.

Need help getting started? Gurwin's team provides support and resources to help Long Island families navigate advance care planning. Contact us to learn more.

Gurwin Healthcare System

Our heart is in the caring. Planning ahead today brings peace of mind tomorrow.