



Life care planning

# Prepare for life's "what ifs"

Consider your personal values and how they shape the choices you make about health care.

## Life Care Planning My Values: First Steps – webinar

### For all adults 18 and older

Learn about advance directives and sharing your wishes for future health care decisions.

Life Care Planning begins with choosing someone to speak for you if you are unable to speak for yourself. This person is called a health care representative. Learn about what to consider when choosing your representative and completing your advance directive forms. You'll gain peace of mind from knowing that your values and wishes are honored in health care decisions.

1 session, 2 hours

No fee for Kaiser Permanente members

We strongly encourage an adult support person to attend with you.

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

### Want to know more?

- Check out [lifecareplan.kp.org](https://lifecareplan.kp.org).
- Visit [kp.org/healthengagement/aging](https://kp.org/healthengagement/aging).
- If you're a Medicare member and need more information on the program, please call **1-877-221-8221** or **711** (TTY for the hearing/speech impaired). Help is available 8 a.m. to 8 p.m., seven days a week.
- Find programs and services near you at [kp.org/communityresources](https://kp.org/communityresources). Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Check out the online wellness programs at [kp.org/healthylifestyles](https://kp.org/healthylifestyles). They are for Kaiser Permanente members at no additional cost. More info is on page 49.
- Use the apps at [kp.org/selfcareapps](https://kp.org/selfcareapps)\*. They are digital personalized programs. *myStrength* includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. *Calm* is for relaxation, sleep, and dealing with emotions – designed to help lower stress, reduce anxiety, and more. *Ginger* gives you text-based emotional support coaching, available 24/7.

\*Only available to Kaiser Permanente members with medical coverage.