

For more information and **FREE** assistance completing an advance directive, check with your provider or one of these local agencies. The \* indicates you must be their patient to access services.

**\*Ammonoosuc Community Health Services**

155 Main Street, Franconia, NH 03581  
603.823.7078

**Androscoggin Valley Hospital**

59 Page Hill Road, Berlin, NH 03057  
603.326.7128

**Coös County Family Health Services**

133 Pleasant Street, Berlin, NH 03570  
603.752.2040

**Littleton Regional Healthcare**

600 St. Johnsbury Road, Littleton, NH 03561  
603.444.7070

**North Country Primary Care RHC**

580 St. Johnsbury Road, Littleton, NH 03561  
603.444.7070

**\*Weeks Medical Center**

173 Middle Street, Whitefield, NH 03598  
603.837.9005

**\*White Mountain Family Health Care**

580 St. Johnsbury Road, Littleton, NH 03561  
603.444.2010

**Resources:**

**Foundation For Healthy Communities**

125 Airport Road, Concord, NH 03301  
603.225.0900 | [www.healthynh.org](http://www.healthynh.org)

**The Conversation Project**

[www.theconversationproject.org](http://www.theconversationproject.org)

**National Healthcare Decisions Day**

[www.nhdd.org](http://www.nhdd.org)

**My Directives**

[www.mydirectives.com](http://www.mydirectives.com)

**Aging with Dignity**

[www.agingwithdignity.org](http://www.agingwithdignity.org)

**Print a New Hampshire  
Advance Directive Guide at:**

[www.healthynh.org](http://www.healthynh.org)

# Have You Started the Conversation Yet?



**Office Hours**

Monday - Friday | 8:00am - 4:30pm

**Phone**

603.444.5317

[nchha.org](http://nchha.org)

**NCH** | North Country Home  
Health & Hospice Agency  
north country healthcare

536 Cottage Street | Littleton, NH 03561

603.444.5317

[nchha.org](http://nchha.org)

**NCH** | North Country Home  
Health & Hospice Agency  
north country healthcare

## Q: Who needs an advance directive?

Everyone 18 and older should have an advance directive. Serious illness or injury can occur at any time and prevent you from communicating your wishes for medical care.

## Q: What documents are in an advance directive?

They include a health care directive, often called a “living will,” and a durable power of attorney for health care. The living will spells out what kind of medical care you would want. A durable power of attorney gives an agent/advocate of your choosing the power to act on your behalf.

## Q: When is an advance directive used?

An advance directive is used only when you are unable to make medical decisions for yourself. The person you appoint to act on your behalf would use the health care directive to make sure your medical wishes are honored and make related decisions.

## Starting the conversation...

You don't need to have the conversation yet. It's okay to just start thinking about it.

You can start out by writing a letter to yourself, a loved one or a friend.

Advance care planning involves discussions with your family, loved ones and doctor about:

- Your health care goals.
- The kind of care and treatment you want.
- Your personal benefits and values and how they relate to your health care wishes.
- Who you want to make decisions on your behalf if you cannot make decisions yourself.

Having the conversation may reveal that you and your loved ones disagree. That's okay. It's important to simply know this, and to continue talking about it now - not in a medical crisis.

Having the conversation is not just a one-time thing. It is the first in a series of conversations over time.

**For more information visit [www.theconversationproject.org](http://www.theconversationproject.org).**

## Already have an advance directive?

- Is your healthcare agent/ advocate still available to make decisions on your behalf?
- Are your previous healthcare choices still right for you?
- Does your healthcare provider have a copy?
- One common myth about advance directives is that once it is complete, you cannot change it. Ongoing conversations and revision of your advance directive based on your current wishes and health needs is an encouraged practice and we are here to help.

