

Health Care Directive classes at Buckham West - 2022



Conversations that Matter

If you had a health crisis and were unable to communicate with your loved ones and medical care providers, who do you want to represent you? Have you thought about what is important to you if diagnosed with a life-limiting illness? Have you shared this information through conversation or a written document?

Advance Care Planning includes thinking about what's important to you, talking with those who matter to you, and writing down your wishes for health care and treatment in a Health Care Directive. At the end of this two-class course you will have a thoughtfully completed Health Care Directive that reflects your goals for medical care and treatment. Plan to attend both classes in the series as you will be asked to complete activities between classes.

Registration is required for these **FREE** classes. Class size is limited.

To register: Call 507-977-2330

or email honoringchoices@allina.com

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Class 1

Advance Care Planning And Your Health Care Agent

- Understand the impact of advance care planning throughout your life span
- Identify important qualities in selecting your Health Care Agent
- Learn how your Health Care Directive is utilized and when your Health Care Agent is activated
- Gain tips to introduce a discussion with your health care agent and engage in a meaningful conversation

Class 2

Honoring Choices Health Care Directive

- Understand the importance of each section of the Health Care Directive
- Learn about medical interventions and understand how these relate to your health care
- Discuss what is important to you and prepare guidance for your health care choices and treatment decision-making through your document
- Identify what is needed for a legally valid Health Care Directive, who should have a copy, and when it should be reviewed or updated

Classes are offered (select 1 session):

Session 1: February 1 & 15 10 – 11 am

Session 2: April 5 & 19 10 – 11 am

Session 3: June 7 & 10 10 – 11 am

Session 4: August 2 & 16 10 – 11 am

Session 5: October 4 & 18 10 – 11 am

Session 6: December 6 & 20 10 – 11 am

Honoring Choices of Faribault and Owatonna is generously supported by our community to elevate the conversation about advance care planning.