

HONORING CHOICES

Your Health Care Directive



If you experience a serious medical event that leaves you unable to communicate, would your family and medical provider know your wishes?

If you are 18 or older, prepare for yourself and your loved ones by

expressing your end-of-life wishes in a *health care directive or advance directive*.

Honoring Choices Minnesota helps individuals and families engage in advance care planning and document their wishes in a legal health care directive.

How do I get FREE advance care planning assistance in Faribault and Owatonna?

1. Attend an Advance Care Planning class or event in your community
 - learn the steps of the advance care planning process
 - have your questions answered
 - receive help completing your health care directive.
2. Meet with a trained Advance Care Planning Facilitator
 - navigate the advance care planning process
 - learn how to start a conversation about your wishes
 - complete your health care directive with guidance.

Call 507-497-3061 to register for a class or request a meeting with a facilitator in Faribault or Owatonna.

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To access and download the free Honoring Choices health care directive, go to: honoringchoices.org.



Honoring Choices Minnesota provides free health care directive forms in five languages: English, Somali, Spanish, Hmong and Russian.

For more information regarding advance care planning in Faribault and Owatonna, contact honoringchoices@allina.com.

Honoring Choices of Faribault and Owatonna is sponsored by:



FARIBAULT AREA
HOSPICE FOUNDATION



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

honoringchoices.org
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Honoring Choices[®]
MINNESOTA
An initiative of the Twin Cities Medical Society