**TIPS FOR TALKING ABOUT ADVANCE HEALTH CARE PLANNING**

**ONE CONVERSATION CAN MAKE ALL THE DIFFERENCE**

Initiating a conversation about end-of-life wishes can be unsettling, but having these conversations will ensure that future health care plans are made and that the appropriate parties are aware of those plans.

- **90%** say that talking with their loved ones about advance planning is important
- **27%** have actually done so

**STARTING CAN BE THE HARDEST PART. HERE ARE SOME WAYS YOU COULD BREAK THE ICE.**

- **“I NEED YOUR HELP WITH SOMETHING”**
- **“I NEED TO START THINKING ABOUT THE FUTURE. WILL YOU HELP ME?”**
- **“I JUST FINISHED PLANNING FOR MY FUTURE HEALTH CARE. I WOULD LIKE YOU TO SEE MY PLANS, AND I’D LIKE TO TALK TO YOU ABOUT YOUR OWN.”**
- **“I WAS THINKING ABOUT WHAT HAPPENED TO __, AND IT MADE ME THINK -- DO WE HAVE A PLAN IF SOMETHING WERE TO HAPPEN TO US?”**

For more information on advance health care planning in Kansas, contact your local Extension agent. Source: theconversationproject.org