

National Healthcare Decisions Day - April 16, 2025

.....

It's Always Too Early Until It's Too Late

National Healthcare Decisions Day (NHDD) is an annual event to encourage and empower people to begin (and continue) conversations about their wishes for medical care and to list their care choices by completing an advance directive.

Completing an advance directive allows you to 1) write out the type of care you would like to receive, 2) name someone to speak for you if you are unable to speak for yourself, and 3) direct providers and facilities to support and respect these wishes.

5 Tips for Having a Conversation About Your Healthcare Wishes (Source: The Conversation Project)

You do not have to talk about everything during the first conversation. In fact, we suggest you **keep talking over time**.

Be patient. Every time you start a conversation, it helps you come closer to making your wishes fully known. **Keep trying**.

You do not have to lead the entire conversation: it's important to also **listen to what the other person says** so you can build trust.

You can always change your mind as things change.

These conversations are challenging. The important thing is begin and continue talking to better prepare for the future.

Are you ready to be the driver of your healthcare decisions?

For more information about resources to start this conversation, visit the [Advance Care Planning Hub](#) on Inside Carilion, email us at carilion_advance_care_planning@carilionclinic.org, or scan the QR Code.

