



## Online Advance Care Planning Resources

Audience	Resource
<b>General Resources for Community Members</b>	<a href="#">Voice Your Choice</a> – a comprehensive resource for free information about advance care planning that offers a no cost online tool where you can create a digital advance care plan or upload an existing advance care plan
	<a href="#">Voice Your Choice digital platform</a> – a free online tool that creates an advance care plan that is more accessible in an emergency and easily transferrable between different medical care locations
	Respecting Choices: <ul style="list-style-type: none"> <li>• <a href="#">Proactive Healthcare Planning for COVID-19: A Guide for High-Risk Adults</a></li> <li>• <a href="#">Proactive Healthcare Planning for COVID-19: A Guide for Healthcare Agents</a></li> </ul>
	<a href="#">Five Wishes</a> - offers paper advance care plans in 30 languages that can be uploaded onto the <a href="#">Voice Your Choice digital platform</a> , making the plan more accessible in an emergency and easily transferable between different medical care locations
	<a href="#">The Conversation Project</a> – Offers guides for conversation starters to talk to those who matter most and medical providers about healthcare values and preferences <ul style="list-style-type: none"> <li>• <a href="#">Conversation Starter Guide</a></li> <li>• <a href="#">Guide to Choosing a Health Care Agent</a></li> <li>• <a href="#">Guide to being a Health Care Agent</a></li> <li>• <a href="#">Guide for talking with a Health Care Team</a></li> <li>• <a href="#">Being Prepared in the Time of COVID-19</a></li> </ul>
<b>Resources for the Mental Health Community</b>	<a href="#">Mental Health Association of Maryland</a> – Offers information about Mental Health Advance Directives (MHAD) and provides downloadable resources for creating a MHAD <ul style="list-style-type: none"> <li>• <a href="#">Mental Health Advance Directive Document</a></li> <li>• <a href="#">Mental Health Advance Directive Instructions on How to Fill out the Document</a></li> <li>• <a href="#">Mental Health Advance Directive Checklist</a></li> <li>• <a href="#">Mental Health Advance Directive FAQ's</a></li> <li>• <a href="#">Advance Care Planning for the Mental Health Community</a> (under “Specialize Webinars”)</li> </ul>
<b>Resources for Individuals with Dementia and their Caregivers</b>	<a href="#">Dementia Advance Directive</a> – Provides the advance directive for individuals with dementia with instructions, FAQ's, and other resources <ul style="list-style-type: none"> <li>• <a href="#">Advance Directive for Dementia Document</a></li> <li>• <a href="#">Instructions for What to do With Your Dementia Directive</a></li> <li>• <a href="#">Advance Directive for Dementia FAQ's</a></li> <li>• <a href="#">Advance Care Planning for the Dementia Community</a> (under “Specialized Webinars”)</li> </ul>
	<a href="#">The Conversation Project's Guide for Caregivers of People with Alzheimer's or Other Forms of Dementia</a>

Voice Your Choice is a program of the [Nexus Montgomery Regional Partnership](#)