

My Care My Plan

Free Advance Care Planning Workshop

Wednesday, November 14; 2:00-4:00 p.m.

Conference room at Sonoma West Medical Center: 501 Petaluma Ave., Sebastopol

Half of us will become unable to speak for ourselves in a future medical situation, yet only 23% of adults have written advance health care directives defining our health care wishes.

MYCARE
MYPLAN
SPEAK UP
SONOMA COUNTY

Who will speak for you if you can't speak for yourself?

A medical crisis can happen any time that might leave us unable to speak for ourselves. That means that friends and family would need to make difficult choices for us. Having a conversation with your family about your wishes is a gift to those faced with that situation.

About the speakers: Barbara Beaudet is a Public Health Nurse, and Taylor McCandless is a Medical Social Worker. You can learn how to make your wishes known through thoughtful advance care planning and clear, written, advance health care directives. They will also offer ideas for how to talk with family, loved ones, and health care providers about advance care plans and wishes.

My Care, My Plan: Speak Up, Sonoma County's (MyCareMyPlanSonoma.org) vision is for every adult in the county to become educated and empowered to express his/her wishes about end-of-life care, that they have the opportunity to do so, and to have their wishes honored in a medical crisis.



SONOMA WEST
MEDICAL FOUNDATION