



making your voice heard: **maintaining autonomy**



Family members and friends are often asked to make decisions for a loved one who is seriously ill without having a complete understanding of their wishes. To avoid this situation, we encourage everyone to discuss their long-term care wishes, including their financial situation, with trusted family members and friends well before the onset of a serious illness or an unforeseen situation. Remember, it's up to you to take the first step to express your wishes. Having this conversation now, although sometimes difficult, is the best way to protect one's independence in a multitude of unpredictable situations.

