

Be a hero. Make a plan.

COVID-19 Medical Care Planning: Ten Minute Take Action Guide

With the rising number of COVID-19 cases, our medical system is under stress. In addition to staying home and social distancing, each of us can take steps to plan as patients and as caregivers that will help health care providers, family members and ourselves have more of a say in our own health care - *no matter what happens*.

This tip sheet with video guides will show you how. It describes three good things you can do right now to take action in planning your medical care. Being prepared will give providers the information they need about what you want. It will also allow time so you can ask the questions about what you need to know.

THREE GOOD THINGS:



1. **Pick a backup person.**

- Who would you want to speak for you if you were too sick to speak for yourself? Your backup person, often called a “health care proxy”, would help you always have a say in your health care.
- Write this backup person’s name and phone number down.

2. **Tell your backup person about the care you want.**

- Say out loud the things you really care about when it comes to your medical care. Tell your backup person what you would want your providers to know about the care that would be best for you. Also say what care you want if you got really sick.
- You can write this down on a form like a health care directive or living will. Or you can even just make a selfie video and send it to your backup person. If you already have this information, be sure your backup person knows about it.

3. **Do something today that helps you feel safer and stronger.**

- Give yourself time each day to do whatever it is that will make you feel good.
- If you want, share this information about what makes you feel safer and stronger with your backup person.

Resources and videos: <https://www.npaf.org/patients-and-caregivers/care-planning/>