

[REP. KATE HOGAN'S SENIOR NEWS]



Planning for the Future

Dear Friends,

As the busy holiday season winds down and we begin making plans for the New Year, I want to discuss the importance of planning for your long-term health care needs.

Advance Care Planning is about taking charge of your health care choices and deciding exactly what you want for your future. Take steps now to make sure you get the medical care you would want if you were too sick or hurt to express your wishes, even when doctors and family members are making those decisions for you.

We often see the consequences of these decisions not being made in advance. Without an advance care plan, it can become difficult for your loved ones to carry out your wishes. Although it can be tough to think about future healthcare choices, it is important to talk with your doctors, family members, and trusted love ones about your goals, values, and wishes, regardless of your current health needs.

There are state and national resources that can help guide you through this decision-making process.

Massachusetts Health Care Proxy Form

- This is a simple document, legally valid in Massachusetts, which allows you to name someone (an "agent") to make health care decisions on your behalf if you are unable to make or communicate those decisions. Find more information, instructions, and the form here: www.massmed.org/healthcareproxy.
- In addition, Honoring Choices, Massachusetts offers translations of the Health Care Proxy Form in Spanish, Portuguese, Vietnamese, Haitian Creole, Russian, Chinese, Arabic, and Khmer). Find this form here: www.honoringchoicesmass.com

The NIH National Institute on Aging

- This organization offers a publication about advance care planning with information and resources to help you begin your planning process. Find the publication here: <https://www.nia.nih.gov/health/publication/advance-care-planning>

The Conversation Project

- The Conversation Project is an organization dedicated to helping people talk about their wishes for long-term care. Find their website here: <http://theconversationproject.org/>

Maynard Public Library

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Hogan's Office Hours

I will be holding office hours in Bolton on Thursday, January 14th from 5:30-6:30 p.m. at the Bolton Public Library, 738 Main Street. Stow Office Hours will be held on Thursday, January 21st from 6:00-7:00 p.m. at the Randall Library, 19 Crescent Street. Please bring any issues, questions, ideas or concerns. If you are unable to attend office hours, please call the State House at (617) 722-2130 to schedule an appointment.

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