



What is Life Care Planning?

Life Care Planning is Kaiser Permanente's name for a process also known as advance care planning. We believe all adults should plan in advance for the unexpected.

Selecting a Health Care Decision Maker

An important part of Life Care Planning is selecting someone to make your health care decisions if you could not make them for yourself, for example following an unexpected accident or illness. We recommend all adults select a health care decision maker while in good health.

The person you select should:

- Be willing to be your health care decision maker
- Know your values and wishes
- Be able to make decisions under difficult situations
- Agree to follow your wishes even if they are different from their own

If you have selected a health care decision maker, please write the person's name and contact information below and we will add the information to your medical record. The next step is to complete an Advance Health Care Directive to make your selection legally valid. Please give copies of your completed Advance Health Care Directive to your health care decision maker and to Kaiser Permanente Health Education department.

Today's Date:	Medical Record Number:
Full Name:	Date of Birth:
Decision Maker Name (First Choice):	Decision Maker Name (Second Choice):
Relationship to You:	Relationship to You:
Other: _____	Other: _____
Decision Maker (First Choice) Contact Information: Home Phone: Cell Phone:	Decision Maker (Second Choice) Contact Information: Home Phone: Cell Phone:

Please return this completed form to your Doctor or to Health Education

Questions? Go to www.kp.org/lifecareplan or call 916-688-2428

*Note: This form is **not** an Advance Directive. This form does **not** give Kaiser Permanente permission to release any **written** healthcare information to your decision maker.*