

Are your wishes legally documented?

April 16th is National Healthcare Decisions Day!
Check out our website for a short video about
Advance Directives.



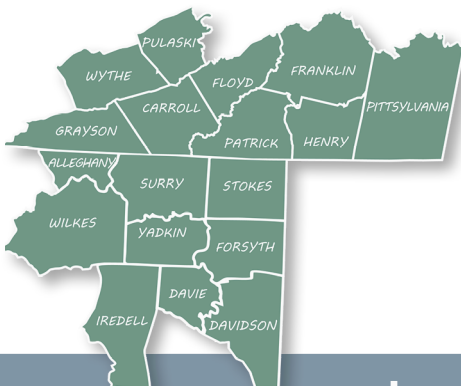
Consider the facts

- **97%** of people think it is important to talk about end-of-life wishes with their loved ones, but only **27%** have done so, according to a 2021 study published in the *Journal of Psychosocial Nursing and Mental Health Services*.*
- One in 5 respondents to a 2018 survey by the Conversation Project, which works to promote greater discussion of end-of-life-care, said they've avoided the subject out of worry about upsetting their loved ones.*
- A sizable majority of people say they want to die at home, but **60%** die in hospitals or institutions.*
- **53%** of people say they would be relieved to discuss end-of-life care.**
- Approximately two thirds of American adults do not have advance medical directives. ***

Let's start the conversation today

Our staff is trained in all the legal documents authorized in North Carolina and Virginia: *Health Care Power of Attorney, Living Will, The Five Wishes®*, *Do Not Resuscitate form (DNR)*, and *Medical Orders for Scope of Treatment form (MOST)*. Contact your Mountain Valley Hospice representative to schedule an onsite presentation or a personal consultation.

*aarp.org/caregiving/basics/info-2020/end-of-life-talk-care-talk
**The Conversation Project National Survey, 2018
***journals.healio.com



**CARE FOR THEM.
COMFORT FOR YOU.**



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