



Making Plans for Life with HIV/AIDS

HIV is a serious disease. There may come a time when you are not able to make choices for yourself. You may need help from others to manage your money or health care needs.

It helps to plan ahead. This will reduce stress and worry for you. It can give your loved ones peace of mind to know what your wishes are.

Every person who has HIV should have:

- **Advance directive.** This written form is also called a living will. It provides a way for you to communicate your wishes to family, friends and health care professionals. It tells others like your doctors what kind of treatment you want if you cannot make choices yourself. The best time to complete an advance directive is while you are well. It helps avoid confusion later on.

Positive Healthcare offers an advance directive tool. It is called *Five Wishes*. You can use *Five Wishes* to name a health care agent. It also has space for you to say what kind of life support treatment you want or do not want. Ask your doctor or case manager for a copy of *Five Wishes*. If you already have an advance directive, give a copy to your doctor. They will keep it in your medical chart.

- **Health care power-of-attorney.** This legal form names someone you select to make choices for you if you are very ill. You can name a partner, family member or friend. A lawyer can create this form for you.

- **Plan for bills and money matters.** You can make these plans in a number of ways. Your bank can help with this. A lawyer or accountant can give you advice on how to make a plan and grant power of attorney to help make money decisions on your behalf if you are not well enough to make them on your own.
- **Will.** A will lists who you leave any property or belongings to after you die. You can draft your own will. Or a lawyer or legal group can help you. Laws for wills vary by state. A professional will know the laws where you live.

This information is not legal advice and cannot replace legal advice. You can get legal advice only from a lawyer.

For more information

Contact your Registered Nurse Care Manager, or call PHC CA Nurse Advice Line at **(800) 797-1717**.

