



Planning for Your Future with HIV

Living with HIV today can mean living a long, healthy life. Taking your HIV medicine and staying in care can help you stay healthy and reach your goals. Planning ahead can still be helpful. It lets you share your wishes and make choices while you are able to do so. It can also help reduce stress for you and the people you care about.

Plan Ahead

You may want to think about these plans:

- **Advance Health Care Directive.** This is a legal form that lets you choose someone you trust to make health care decisions for you if you cannot make them yourself. You can also write down your wishes about the care you want or do not want.
- **Health care decision-maker.** In California, you can name a trusted person in your Advance Health Care Directive to make health care decisions for you if needed. Talk with that person about your wishes.
- **Plan for bills and money.** You may want to make a plan for your bank accounts, bills, and other money matters. A financial power of attorney may allow someone you trust to handle certain financial matters for you. Talk with a lawyer or other qualified professional if you need help.
- **Will.** A will says who should receive your property or belongings after you die. Laws about wills are different in each state. A lawyer or legal aid group may be able to help.

Talk About Your Wishes

Talk with the people you trust about what matters to you. Give copies of important legal documents to the people who may need them. You may also want to give a copy of your Advance Health Care Directive to your healthcare provider.

Take Charge of Your Health

Planning for the future is only one part of taking care of yourself. You can also stay healthy by:

- Taking your HIV medicine as prescribed.
- Keeping your healthcare appointments.
- Asking questions about your health and treatment.
- Taking care of your mental health.
- Asking for help when you need it.

This information is not legal advice. Only a lawyer can give you legal advice. Ask a lawyer, legal aid group, or another qualified professional if you have questions about legal documents or your rights.

FOR MORE INFORMATION

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