

Plan Your Lifespan: Talking To Others

Sharing my plans with others

Talking about future care helps ease the burden on loved ones and ensures your wishes are known. It's better to speak up now, rather than wait for a crisis. **Start the conversation early**—there's no need to finish it in one sitting. Ongoing dialogue helps both sides think things through.



Start small—one conversation at a time!

How to Begin

Open with “I” statements and be honest about your feelings and plans. Example starters include:



“I’ve been thinking about future care, and want to share my thoughts.”



“I know this is tough, but I want us to be prepared.”

Who to Talk To

Include those who will be trusted to make decisions—**spouse, family, friends**, and possibly **healthcare providers**.



”

“We talked about what we would want long before anything happened. So when Alan had his stroke, I already knew what he wanted. It made the decisions so much easier and less stressful.”

— Alan & Julie

Scan this QR code or click the link below to participate in the evaluation survey. A small incentive will be provided upon completion.



redcap.link/planyourlifespan

For more information about KIMCHI and outreach and educational resources, please contact the study team with any questions or concerns you have about this study at (562) 977-4580 or email to kimchi@ucsf.edu.