

# Advance Healthcare Directive Discussion

Date: [Insert Date]

Dear [Recipient's Name],

I hope this message finds you well. I am writing to discuss the importance of creating an Advance Healthcare Directive (AHD) to ensure my healthcare preferences are honored in the event I am unable to communicate them myself.

An Advance Healthcare Directive allows individuals to outline their healthcare decisions and designate a healthcare proxy to make decisions on their behalf if they are incapacitated. I believe it is crucial to have this conversation and document my wishes clearly.

During our discussion, I would like to cover the following points:

- My preferences regarding life-sustaining treatments
- My wishes related to pain management and comfort care
- Who I would like to designate as my healthcare proxy
- Any specific instructions I want to include in the directive

Please let me know a convenient time for us to meet and discuss this important matter. Your support and understanding mean a lot to me, and I want to ensure my wishes are clearly communicated and respected.

Thank you for considering this, and I look forward to speaking with you soon.

Warm regards,

[Your Name]

[Your Contact Information]