**Advance Health Care Directive**

 *Do you have one?*

Let us help you complete an Advance Health Care Directive that documents your health care wishes if you are no longer able to speak for yourself.

We are now using the Zoom app for our workshops and are also hosting in-person workshops for those who are unable to Zoom. If you are not available on the workshop dates and would prefer to view a video recording of the workshop, please register online.

Zoom technology allows your family on neighbor islands/mainland to participate with you so that everyone understands your wishes.

**In-person and Zoom Workshop Dates**

|  |  |  |  |
| --- | --- | --- | --- |
| Workshop Date |  Workshop Time | In-person Workshop Location |  |
| Wednesday Feb. 2, 2022Apr. 11, 2021 |  9:00 – 10:15 AM |  Hilo-ADRC 1055 Kinoole St. Waimea-Tutu’s House |  |
|  Sunday April 3, 2022 | 3:00 – 4:15 PM |  |  |

# How to Register for our Workshop

 Zoom workshop Registration:

Online: [https://www.communityfirsthawaii.org/registration/](http://www.communityfirsthawaii.org/registration/)

 Phone: Amy Hamane, 808-443-4033 or Rosemary Burnett, 808-987-4405

 In-person workshop Registration:

 Hilo: Annie Maeda, 808-987-1230

Waimea: Shawn Saito, 808-885-6777

# What to expect at our Workshop

* + A step-by-step explanation on how to complete your AHCD.
	+ If you already have a Living will, Health Care Power of Attorney, or Advance Health Care Directive, learn how to review it to ensure it meets your current needs.

#  *Optional Follow-Up Session*

 *We will be available to serve as witnesses and will provide 5 free copies of your*

 *completed document. More details on follow-up sessions are provided during the*

 *Workshop sessions.*

 **Sponsored by Community First’s Committee on Advance Health Care Directives C**ommittee Members: Charlene Iboshi, Amy Hamane, Anthony Kent, Nic Los Baños, Kim Kobayashi, Katherine Rycraft, Laura Ota, Tricia Kimura, Sonja Gumbs, Patricia Bourke, Sally Mermel, Jeri Kawakami, Barbara DeLeon, Roxanne Ikeda, Lani Weigert, Gail Kahookele, Marsha Okajima, Rosemary Burnett, Annie Maeda, Vanessa Carlson

**MAHALO to the Hawai‘i County Office of Aging and the Aging and Disability Resource Center**