



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.

Because of COVID-19 we are now using the Zoom app for our workshops. With this technology, your family on neighbor islands and the mainland can participate with you in this free workshop. We have volunteers who will help you with the Zoom app.

2021 Special Zoom Workshops (Online)

You will need an iPad, computer, or smartphone to access our workshops.

Workshop Date	Workshop Time	Follow-up Date (optional)	Follow-up Time
Wed., Feb. 10, 2021	9:00 – 10:15 AM	Wed., Feb 17, 2021	9:00 – 9:30 a.m.
Sun., Apr. 11, 2021	3:00 – 4:15 PM	Sun., Apr. 18, 2021	2:30 – 3:00 p.m.
Wed., Jun. 16, 2021	9:00 – 10:15 AM	Wed., Jun. 23, 2021	9:00 – 9:30 a.m.

How to Register for an Information Session

Registration is quick and easy either online or via phone!

- Online: <https://www.communityfirsthawaii.org/registration/>
- Phone: Amy Hamane, 443-4043 or Rosemary Burnett, 987-4405

What to expect in our Information Session

- 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.
- Conversation on a very important topic. *It's not easy to talk about how you want the end of your life to be, but it's one of the most important conversations to have with your loved ones*

Drive-Thru Follow-Up Session (optional)

Our trained volunteers will assist you in reviewing and witnessing your Advance Health Care Directive! More details on follow-up sessions are provided in the Workshop sessions.

Sponsored by Community First's Committee on Advance Health Care Directives.

Committee 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.

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