

Checklist – My advance care planning

1. Find out:

- ☐ General information: e. g. on the website of the Federal Office of Justice
 - ☐ Personal information: e. g. at local advice centers (especially at the Beratungsstellen für Menschen mit Behinderungen, chronischen und Krebserkrankungen within the Berlin health authorities), Pflegestützpunkten, law offices
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2. Discussions with relatives/trusted persons about: wishes regarding medical care/cessation of medical measures

- ☐ Moral values
 - ☐ Organ donation
 - ☐ Representation if your own wishes can no longer be expressed
! Note: Legal guardians of minors and, if applicable, spouses* automatically have power of representation.
 - ☐ Powers of attorney (important: beyond death)
 - ☐ Determination of areas of authority (e. g. health or banking matters)
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3. Create:

- ☐ Living will (templates e.g. at Home Care Berlin or at the Zentrale Anlaufstelle Hospiz); Important: discuss with your doctor
- ☐ Power of attorney (Templates e. g. from Home Care Berlin or the Zentrale Anlaufstelle Hospiz), if necessary, power of attorney
- ☐ Organ donor card
- ☐ My last will and testament (handwritten e. g. „Berliner Testament“ or notarized)
- ☐ Emergency instructions („Berliner Formular“ e. g. from the Zentrale Anlaufstelle Hospiz)

*Please note § 1358 BGB

4. Remember:

- ☐ Sign all your documents with place and date
 - ☐ Inform your trusted persons about the storage location
 - ☐ Put a note in e. g. your purse about the storage location
 - ☐ If necessary, keep an emergency box in the refrigerator
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5. Check regularly that your documents are up to date:

- ☐ For example, make a calendar entry to do this once a year
- ☐ Make follow-up appointments for any changes
- ☐ Update with signature, date and place