



Department of  
Aging & Adult Services  
Palliative Care Work Group



# SAN FRANCISCO NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

## Resources

Advance Care Planning and being empowered to make decisions about your health is an everyday concern. For more information and resources, please see below.

### [PREPARE for Your Care/PREPARE Su Cuidado](#)

Access Advance Health Care Directives (for most states), question guides and short videos to help you answer questions about your medical wishes during serious illness or at end of life, and fill out the Advance Directive form. Videos and all forms in English and Spanish. California Advance Health Care Directives in English, Spanish and Chinese.

### [The Conversation Project](#)

Support to help you start a conversation about your end of life health care wishes. Starter kits are available in 14 languages.

### [Chinese American Coalition for Compassionate Care 美華慈心關懷聯盟](#)

Resources for people interested in materials and programs culturally sensitive to Chinese traditions around end of life. 華人在傳統文化上對生命末期敏感議題的文宣及計劃。

### [Department of Aging & Adult Services \(DAAS\)](#)

DAAS coordinates services for older adults, veterans, people with disabilities, and their families to maximize safety, health, and independence. With a single call, you can learn about and apply for available services.

### [SF IHSS Public Authority](#)

The Public Authority helps low income older adults and people with disabilities choose and manage in-home support caregivers, maximizing their potential to live independently and participate in their communities.

### [Alameda County Care Alliance](#)

A faith-based community advanced illness care navigation program that helps persons needing advanced illness care and their caregivers.

### [National Health Care Decisions Day](#)

Learn more about the movement and how to activate it in your community.

More on following page >>>

HELLMAN FOUNDATION



### **Chinese Community Health Resource Center / 華人社區健康資源中心**

Chinese Community Health Resource Center (CCHRC), a non-profit organization established 1989, provides cultural and linguistic competent health education programs and services to the Chinese immigrant community. For programs related to advance health care planning, CCHRC provides education programs to introduce participants to the concept of advance health care planning, answer questions about advance directives (AD) and offer assistance in completing the *California Advance Health Care Directive* form. Additionally, an online tutorial video on how to complete the AD form as well as an online fillable AD form are available at [www.cchrhealth.org](http://www.cchrhealth.org)

華人社區健康資源中心（CCHRC）是一個成立於1989年的非牟利健康教育機構。為華人移民社區提供迎合華裔民族文化特點的雙語健康教育及服務。與“醫療照護事前指示”相關的計劃，本中心向此計劃參與者介紹與“醫療照護事前指示”的概念；回答有關的問題；並協助填寫“加州醫療照護事前指示”的表格。此外，本中心的網站 [www.cchrhealth.org](http://www.cchrhealth.org) 也提供如何填寫“加州醫療照護事前指示”表格的視頻及在線也可填寫的表格。