



Episcopal
Foundation
of Dallas



MONDAY MINUTE

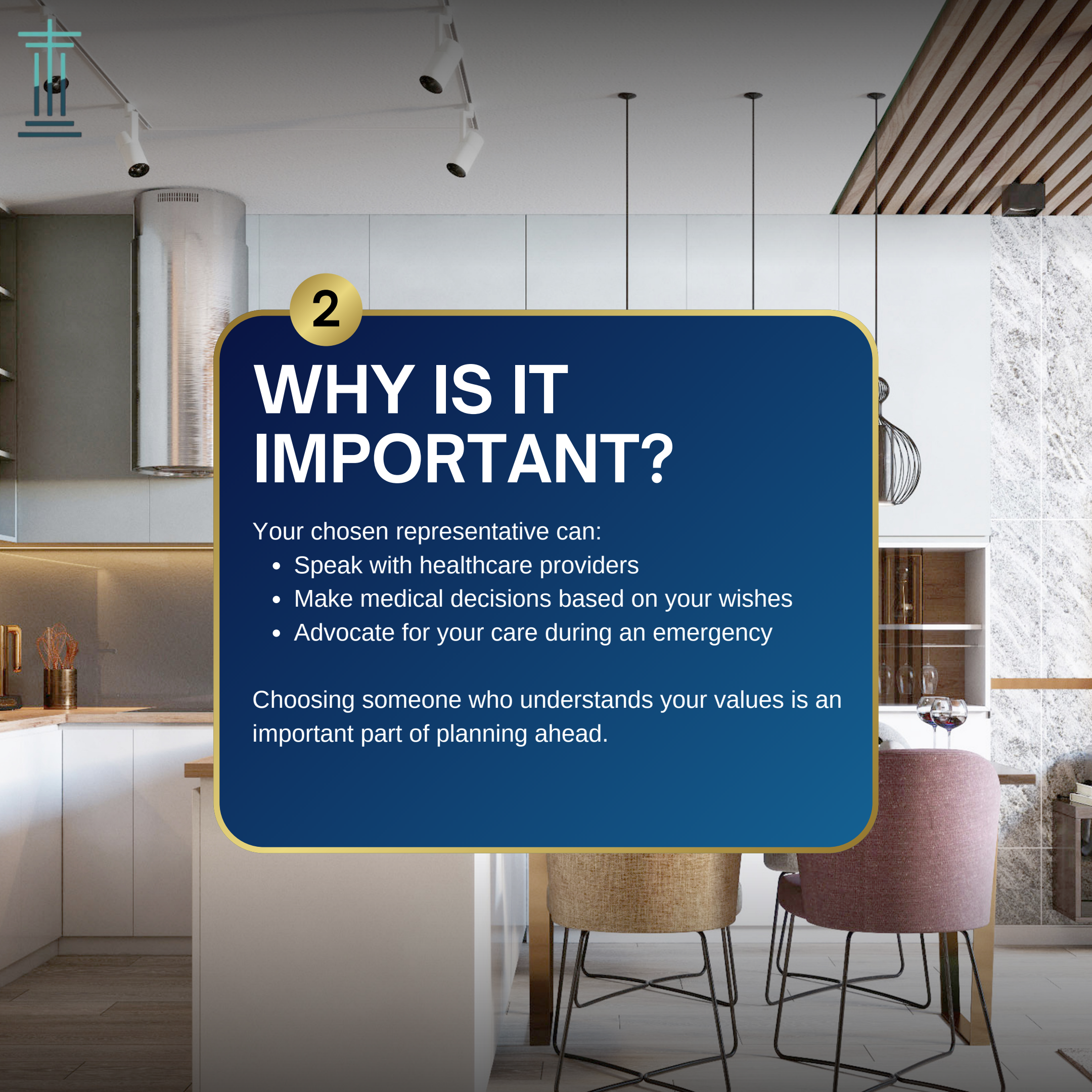




1

WHAT IS A MEDICAL POWER OF ATTORNEY?

A Medical Power of Attorney allows you to appoint someone you trust to make healthcare decisions on your behalf if you are unable to communicate your wishes.



2

WHY IS IT IMPORTANT?

Your chosen representative can:

- Speak with healthcare providers
- Make medical decisions based on your wishes
- Advocate for your care during an emergency

Choosing someone who understands your values is an important part of planning ahead.



3

THIS WEEK'S ACTION STEP

Consider who you would trust to make healthcare decisions for you if needed.

Take time to discuss your preferences with them so they feel prepared to advocate on your behalf.