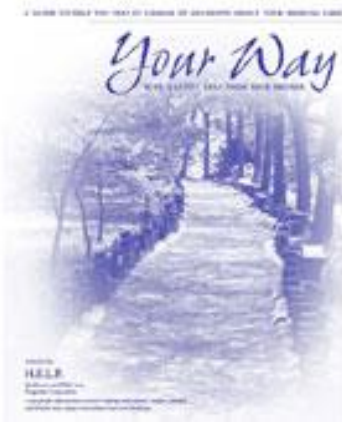


# Your Way

## Your Way: A Guide To Help You Stay in Charge of Decisions About Your Medical Care

*Your Way* is a plain-language guide created to help you stay in charge of the medical care you receive, even if you can't speak for yourself. The publication is made possible by a generous grant from The Ahmanson Foundation.



*Your Way* can help any of us —

- Think about what is important to us
- Obtain wanted medical care and avoid unwanted medical care
- Live life the way we choose
- Help our family and friends know what we want, and
- Help our family and friends do what we want

*Your Way* can be used by individuals, families and friends. *Your Way* can also be used by attorneys, care managers and other professionals to help their clients.

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