

SAMPLE LETTER TO YOUR SUBSTITUTE DECISION MAKER

PLAN

WELL

1 Asking someone to be your SDM:

Dear [SDM's name],

I recently made the decision to do my Advance Serious Illness Planning. This means I'm preparing for the possibility of difficult decisions if I were ever to get really sick or get into a car accident, and ended up in a severe medical condition.

I'd like to ask you to be my Substitute Decision Maker.

If I were ever to be incapacitated or unable to make decisions for myself, my Substitute Decision Maker would be the one making decisions on my behalf.

I have prepared a document that outlines my values and preferences that will help you make decisions on my behalf when the time comes. If you choose to accept this responsibility, I would like to review this document with you.

Regardless of your response, I'd like to thank you for the impact you've had on my life. I trust your judgement and I know I can rely on you in a difficult situation.

Thank you for considering my request and please think about it and let me know your thoughts on being my Substitute Decision Maker.

Sincerely,
[your name]

P.S. I've realized how important it is to plan for these situations in advance. I highly encourage you to make your own Advance Serious Illness Plan. You can do it for free here at planwellguide.com.