

# **SAMPLE LETTER TO YOUR SUBSTITUTE DECISION MAKER**

PLAN

WELL

## **2 Giving your SDM your Dear SDM letter:**

**Dear [SDM's name],**

Thank you for being my Substitute Decision Maker. I appreciate you taking on this responsibility. I know you will do what you think is best for me when the time comes.

If anything happens to me, and I become unable to make my own decisions, there are a few things I want you to know.

I have prepared an Advance Serious Illness Plan, which outlines my values and preferences to help inform any decisions that you will have to make on my behalf if I am incapacitated.

Please click the link below to see my document, called the Dear SDM Letter. Let's sit down and go through it together soon.

**[paste link here]**

Thank you again, I know the job of being a Substitute Decision Maker isn't an easy one. But I am confident you have everything you need to be prepared for decisions down the road.

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](https://planwellguide.com).