



Free Assistance for Advance Directives

An advance directive is a legal document that allows you to state your wishes for medical care and to appoint a proxy to speak on your behalf in the event that you are unable to communicate. Every adult needs an advance directive. As a community service, the Coalition to Improve Advanced Care offers free one-on-one assistance to Arlington adults who wish to complete an advance directive. Our volunteers are trained and certified by Respecting Choices and can assist you in completing either the Virginia Advance Directive form or the Five Wishes form. More importantly, they will help you learn how to communicate your wishes with your loved ones and health care providers. CIAC volunteers can meet at the library, a coffee shop, or other public places.

To request a meeting, **contact us at info@ciacarlington.org.**

The Coalition to Improve Advanced Care is a collaborative effort of nonprofit and community organizations in Arlington County and surrounding areas. Our mission is to improve the quality of life for those facing advanced illness and their caregivers.

CIAC is convened by the Arlington Community Foundation Nonprofit Center and supported by the following organizations:

Marymount University ♦ Arlington Neighborhood Village ♦ Virginia Hospital Center

Arlington Commission on Aging ♦ Arlington Area Agency on Aging

Goodwin House ♦ Interchurch Community Health Initiative ♦ Capital Caring

www.ciacarlington.org ♦ info@ciacarlington.org ♦ 703-284-5721