

Please feel free to cut and paste these prompts to build your Creative Advance Directive

Prevention	Crisis	Logistics	Recovery	Envelopes
Daily Routine	Triggers	Easy Food Recipes + Dietary Restrictions	Who To Come See Me?	Important Maps
Warning Signs	Immediate Needs	What are my Job + Responsibilities (**List contact info in Contact info section)	Who NOT to Come See Me?	Copy Of Insurance Card
To Feel Better	Signs That I Can't Communicate / Make Decisions for Myself	What Folks should Tell My Boss / Other Responsibilities if I have a Crisis	Returning to Flow of things: What Do I Need?	Copy of ID
Good Music, Art, Food, Movies, Comforts.....	Attitudes / Politics rE: Institutional Engagement (IE History, Fears, Things to Know about Hospitals, Cops, Doctors ETC)	What / Who Needs Care (Other than Me) and What Do they NEEed	Activities to Make Me Feel Better	Copy of Notarized Legal Advance Directive
Places to Go	What My People Can Do (anything from let in natural light to play music)	How to Get into My House	More Food Recipes!	Copy of Key to House and Car
A Map to a Safe Place	Who I Want on My Crisis Team	Map of locations of stuff in my house I might Need (or maybe like where the cat food is)	Music	Copy of Wallet Card (OG copy to keep in yr wallet) With #'s of who keeps this document + health-care agents)
People / Animals/ Things I Love	Who I do NOT Want on My Crisis Team	What sooths me vrs. What's like nails on chalkboards	Snail Mail Addy for Love Letters (Ask a friend to instigate a love letter campaign?)	A love letter to myself in the event of a crisis

