

**MODULE 8**  
**ADVANCE PLANNING AND SELF-MANAGEMENT**

**Advance Care Planning**

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**1. THINK** — about what is most important to you. Your values, wishes and beliefs

**2. LEARN** — about your overall health, not only your chronic lung disease

**3. DECIDE** — on a Substitute Decision Maker(s)(SDM)  
(someone able to speak up for you if you cannot do it yourself)

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**4. TALK** — about your values, beliefs and wishes with your SDM, family, friends, health provider

**5. RECORD** — your values, wishes and beliefs as well as the name and contact information for your Substitute Decision Maker. Tell your SDM and loved ones where to locate your advance care plans.