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April 16 is National Healthcare Decisions Day. Do you have a plan?

(Portland, OR) – In recognition of National Healthcare Decisions Day, Oregon WINGS is reminding everyone about the importance of creating and updating their Life Plan: wingsoregon.org/get-a-life-plan. As the COVID-19 pandemic has revealed, health care planning can make a profound difference in the event of a medical crisis.

The Oregon Working Interdisciplinary Network of Guardianship Stakeholders (WINGS) was initially established through a grant from the U.S. Department of Health and Human Services. The collaborative aims to strengthen guardianship practice by improving judicial processes, protecting individual rights, and promoting fiduciary standards and guardian accountability.

Oregon WINGS urges everyone at all life stages to create a Life Plan. A Life Plan ensures that an individual's preferences are honored and includes planning for your assets during your lifetime, planning for medical decisions, planning for your assets and your body after death.

"It's important to have a plan, regardless of our age or health history," said Judge Lauren Holland, Chair of Oregon WINGS. "We give ourselves peace of mind and our families the gift of knowing and honoring our wishes. In the event of an unexpected crisis, it helps to have decisions made in advance. Having a Life Plan helps us direct our own course and allows us to focus on each other during critical times."

Talking about topics like medical decisions or creating a will and trust can feel emotional and overwhelming. But having these decisions planned in advance can help family and loved ones feel prepared and confident in knowing that the person's wishes are being followed.

"This pandemic has been devastating in so many ways, and has further emphasized just how important it is for all of us to have a Life Plan," said Mark Sanford, an Oregon WINGS member who directs Multnomah County's Public Guardian and Conservator program. "A Life Plan is one action we can all take today to make things easier for ourselves and our loved ones when the unthinkable happens."

The WINGS program has tools to help people make important financial and medical decisions and identify key wishes and priorities. Visit the [Oregon WINGS](http://OregonWINGS.org) website for more information and downloadable resources. Get A Life Plan materials are also available in [Spanish](#).