

# W.I.S.H.F.U.L. thinking: Dental Advance Care Planning Tool

- W WORRIED**  
Is something bothering me?  
Who will take me to the dentist?
- I IDEAL**  
What quality of life issues are important to me?  
What foods do I love to eat?
- S STRENGTHS**  
What do I bring to the “table”  
What is working? Now? Will it still work in future?
- H HEALTHY**  
What are my current health concerns?  
What prescriptions or treatments am I taking?
- F FINANCIAL**  
Do I have dental Insurance?  
How are my bills getting paid?
- U UNDERSTAND & APPRECIATE**  
Can I understand the dental decisions and costs?  
Can I appreciate the importance of the dental decision?
- L LAW**  
Do I have an up-to-date power of attorney?  
Do I know who my legal substitute decision-maker is?

## Your Mouth - Your Choice!

Talk to your friends, family, substitute decision maker or dentist about your dental advance care plan.

