

Published on *SeniorNavigator* (<https://seniornavigator.org>)

Because I Love You: A Guide to Thinking About, Talking About and Planning for the Future with Family and Friends

The [Because I Love You](#) (BILY) planning guide was developed by Honoring Choices Virginia to help you begin thinking about important future needs, such as health care, long-term care, estate planning, and funerals. This guide can be tailored to meet the needs of your faith community, organization, or anywhere else that it is shared.

Talking to your loved ones about what types of medical treatments or interventions you want to receive if you cannot speak for yourself is a gift that will help them if they are ever called on to make those decisions for you.