You may have one champion or you may have many. There are many different kinds of champions who provide many kinds of help. No one champion is more important than another. It is helpful to choose one of your champions to be your healthcare agent and give that person legal authority to act for you. The ideal healthcare agent should be a person with the following characteristics:

- **Medical understanding** - An understanding of your health condition, symptoms and enough of your medical history to make decisions for you.
- **Detail-oriented** - Attention to all important facts and details needed when making decisions and helping follow-up with treatment plans.
- **Sense of duty** - An understanding of his or her duties and a commitment to taking those duties seriously.
- **Good communication skills** - The ability to relate well with others involved in your life and care.
- **Trustworthy** - Someone you trust who will do his or her best to honor your wishes.
- **Respectful** – Someone who will respect your beliefs and values – even when those values are different from their own.
- **Assertive** - Someone who is able to stand up in the face of opposition from others.
- **Available** - In some cases, your healthcare agent may need to make around-the-clock decisions about your care and may be needed for extended periods of time.
- **Knows your values** – An understanding of what you value most in life is important when making treatment decisions.