



**Advance Care Planning:
*It's About the Conversation!***

<Facilitator Name>

RC 1119_ConvoEval_v11.18_CML

Today's Topics

Discover advance care planning

Choose your healthcare agent

Explore experiences, goals, values, and beliefs

Express your preferences


Share your plan

Let's start with a few questions


- What do you understand about advance care planning?
- What fears or concerns do you have about this type of planning?
- If you have completed an advance directive in the past, what do you hope the document will do for you in the future?

Advance Care Planning is:

- Important for all adults
- Thinking and talking about future healthcare decisions, if you had a sudden event (like a car accident or illness), and could not make your own decisions
- Choosing a person close to you to make decisions for you



✓ Choose a healthcare agent




An agent should be willing to:

- Accept this role
- Talk with you about your goals, values, and preferences
- Follow your choices, even if he or she does not agree with them
- Make decisions in difficult moments

Do you know anyone who could do this?

✓ **Explore experiences**


Reflect ...



... Look back

✓ **Explore living well**

"If you were having a good day, what would happen on that day? Who would you talk to? What would you do?"



✓ **Explore beliefs**

- What cultural beliefs do you have, if any, that might help you choose the care you want — or do not want?
- What spiritual beliefs do you have, if any?
- How can we support your needs or practices?

✓ Explore goals for care



Imagine this scenario:

A sudden event (such as a car accident or illness) left you unable to communicate. You are receiving all the care needed to keep you alive. The doctors believe there is little chance (less than 5%) you will ever *recover the ability to know who you are or who you are with*.

In your own words, tell me what this situation means.

What would you want?




Would you want to **continue** medical treatment?
Or, would you want to **stop** medical treatment?

In either case, you will be kept comfortable.

Next . . .

- ✓ Follow-up items
- ✓ Talk with your healthcare agent



- ✓ Meet with a Facilitator
- ✓ Complete an advance directive

Then . . .

- Give copies to your healthcare agent and healthcare professionals.
- Talk to the rest of your family and close friends. Tell them who your healthcare agent is and your preferences.
- Keep a copy of your advance directive where it can be easily found.
- Take a copy with you if you go to a hospital or nursing home and ask for it to be put in your medical record.

Review Periodically

- Advance care planning is a process, not a one-time event.
- Preferences may change as circumstances change.
- Review your advance directive every time you have a physical exam.

And . . .

Whenever any of the "Five Ds" occur:

- Decade**
- Death of a loved one**
- Divorce**
- Diagnosis**
- Decline**

Thank you!
