

ADVANCE CARE PLANNING

Advance Care Planning is a process of communication to plan for future medical decisions in the event that you are not able to speak for yourself.

This plan allows your final wishes to be known and honored.

An Advance Care Plan is only as good as your conversations with your physician and those you love...tell others what you've included in the plan so they can accurately carry it out.

An Advance Care Plan includes:

- Knowing your goals, values and beliefs
- Understanding your current state of health
- Considering possible future medical situations, such as a sudden catastrophic event
- Discussing all of these with individuals who may need to carry out your final wishes

Common forms of Advance Care Plans:

- Advance Directive
- Living Will
- Durable Power of Attorney for Health Care

A completed plan will:

- Designate someone to serve as your health agent
- Create specific instructions that reflect your healthcare desires
- Be communicated in a way that is clear so healthcare professionals and your health agent can follow your wishes
- Serve as a roadmap in the event that you cannot make medical decisions on your own

The purpose of completing an Advance Care Plan is to communicate your future desires and wishes to your physician and loved ones.

What makes an Advance Care Plan Successful?

- Is specific enough for the clinical situation
- Accurately reflects your preferences
- Is understandable

Important pieces to note...

- Advance Care Planning is for any adult at any time.
- You choose the individual(s) you are most comfortable with to be your health agent. There are no restrictions on family or location.
- Advance Care Planning leads to the completion of a document that names your health agent and expresses your preferences.
- Your physician and attorney may be helpful in preparing your Advance Care Plan.

Call Hospice to speak with someone about Advance Care Planning or to request a free Advance Care Planning Booklet, [Five Wishes®](#).

Visit agingwithdignity.org for more information.

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