

Individualized Advance Care Plan

This four step plan is a simple, individualized approach to help you make difficult medical decisions.

Step 1 Understand: You will discuss your diagnosis with your health care provider to gain a better understanding of your medical situation.

Step 2 Discuss: You will discuss your prognosis to learn more about how it will affect your future.

Step 3 Identify: You will carefully consider your personal goals and wishes.

Step 4 Align: You and your health care provider will use this information to make medical and personal choices that are best for you.

Step 1: Understand Your Diagnosis

What to discuss with your health care provider:

- What is my diagnosis (illness or condition)?
- Are there other medical problems I need to consider?
- Do you have any additional information about my condition?

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The best time to talk to your health care provider about your wishes is before a medical crisis occurs. Conversations can be challenging, but there's seldom good reason to delay. Things to discuss and consider when talking to your doctor:

- Ask about what decisions you and your family will need to make
- Ask about disease specific literature and support



You'll need a clear understanding of how your medical condition might impact your future. It is important to start making a plan. Things to discuss and consider when talking to your doctor:

- It's OK to ask your doctor to slow down and explain things in a way you can better understand
- Discuss how much assistance you may need from family members or other caregivers
- Medications and treatments for pain and symptom management

“92% of people say that talking with their loved ones about end-of-life care is important, but 32% have actually done so.”

~The Conversation Project National Survey 2018

Step 2: Discuss the Prognosis

What to discuss with your health care provider:

- What is my prognosis, how will my condition affect my future?
- How much time will I have?
- Will I be able to live independently?
- Will I have pain or trouble sleeping?
- How will my quality of life or time I have be affected with and without aggressive medical treatment?

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Step 3: Identify Goals of Care

What to discuss with your health care provider:

- What matters most to you at this time?
- How important it is for you to remain in your home?
- How much quality of life you are willing to sacrifice to live longer?
- At what point you want to avoid aggressive treatment and focus on the best quality of life?

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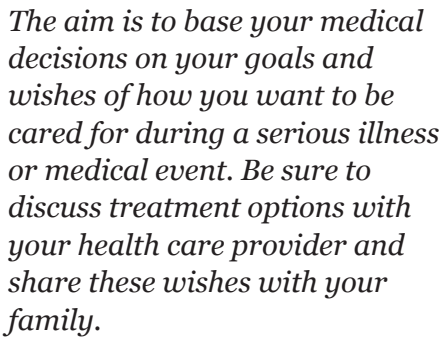


Focus on your life and what you want your life to be like, whatever your current medical status is. Things to consider when talking to your doctor:

- Consider how and where you want to live
- Make decisions based on your values, beliefs, goals and dreams
- Health care needs and preferences are unique to everyone

“Patients now can choose or change the focus of their care from treatment to comfort and elect to receive palliative or hospice services in a growing number of health care settings.”

~National Institute of Nursing Research



- Think about the type of treatment you want and don't want in a medical emergency
- When considering treatment decisions, consider your values: Is your desire to have more days of life? Or, is the focus on quality of life? If an illness leaves you paralyzed or in a permanent coma, would you want to be on a ventilator?
- What makes life meaningful to you?
- Do your advance directives reflect your wishes as discussed with your doctor?

*Advance care planning
helps ensure patients
get the care they wish
for when they want it.*

What to discuss with your health care provider:

- What are the treatment options for my prognosis?
- What are the benefits and risks of these options?
- Would starting or continuing artificial nutrition and hydration align with my goals?
- Clarify details of specific orders such as Do Not Resuscitate (DNR)
- Under what circumstances would I have to return to the hospital?

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