



HonoringTM Your Wishes

A COMMUNITY-WIDE ADVANCE CARE PLANNING INITIATIVE

What is Advance Care Planning?

- A **process** for you to discuss goals for future health care decisions in the context of your values and beliefs
- Create or update a written plan (e.g., an advance directive) that:
 - 1) states your preferences and
 - 2) prepares others to make health care decisions consistent with your preferences

Why is Important to Plan Ahead?

Planning takes time to:

- Learn about your future medical options
- Think about how your values and goals will affect your decisions
- Share your preferences with those close to you and your health care providers



Why is it Important to Plan Ahead?

No one knows when a sudden accident or illness may happen, and you would not be able to speak for yourself



Living Well

What does living well mean to you?

For example, if you were having a good day, what would you do? Who would you talk to?



What Does Health Care Planning Include?

- Choosing the person who will make medical decisions for you if you are unable to communicate
- Discussing cultural, religious, spiritual or personal beliefs that might impact your decisions
- Discussing the medical care you would want if you had a severe illness or injury and were unlikely to recover the ability to know who you were or where you were

What is a Health Care Agent?

The person you select to make your medical decisions if you are not able.

This person should be:

- Someone with whom you can openly share your values and goals
- Willing to accept this responsibility
- Willing to follow your wishes
- Able to make decisions in stressful situations



Your Beliefs

What cultural, religious, spiritual or personal beliefs do you have that might help you determine the care you want or do not want?



What if....

- You have a sudden, unexpected event such as a serious car accident
- The health care team is doing everything possible to keep you alive
- Doctors state that it is unlikely you will recover the ability to know who you are or who you are with

What Would You Decide?

- In this situation, would you want to continue medical treatment to keep you alive?
- Or, would you want to stop medical treatment?



What Would You Decide?

- Think about what “living well” means to you
- Have discussions with your circle of support
- Talk to your healthcare providers, family, friends, and spiritual/religious leaders



What are the next steps?

- Think about putting your wishes in writing:
 - Honoring Your Wishes* has developed a health care directive:
 - A legal document that identifies your health care agent and alternate health care agent
 - Captures your wishes regarding life-sustaining treatments and what makes life meaningful to you

Share your plan with your:



- Health care agent and alternate agent
- Physician or licensed independent provider
- Preferred hospital in an emergency
- Circle of support
- Others?



Should my plan be updated?

Review and update your plan if:

- You have a change in your health status
- Your goals, values, or beliefs change
- You decide to select a new health care agent



Planning Ahead Is A Gift to:

- Yourself
- Your circle of support
- Your health care providers
- Your community



www.honoringyourwishes.org

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