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### COMMUNICATE Your Wishes & Share Your Documents

This will help you get the medical care you want.



#### How to say it:

**To your medical decision maker, loved ones and doctors:**

**“This is what is most important in my life and for my medical care...”**

- Give them a copy of your completed Healthcare Power of Attorney and Living Will forms.

**To your doctor, loved ones and friends:**

**“Please honor my wishes for end of life care that I’ve documented.”**

- Give them a copy of your completed Healthcare Power of Attorney and Living Will form.

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### REVIEW & Update Your Documents Periodically

Situations change so you should periodically review your documents and update them. This will help you get the medical care you want.

#### When To Review & Update?

- Important life changes
  - ◊ Marriage
  - ◊ Birth
  - ◊ Divorce
  - ◊ Deaths
- Major Illness
- New Diagnosis
- Change in treatment plan
- Change in your wishes
- Transfer from one care setting to another
- Periodically, at least every new decade of life

**Let others know when you’ve updated your documents and share revised copies with them.**

**Remember, nothing is set in stone. You can change your mind at any time.**

# Advance Care Planning



1

**Reflect on what matters most in life.**

2

**Discuss with your doctor and loved ones.**

3

**Document your wishes.**

4

**Communicate your wishes & share your documents.**

5

**Review & update your documents.**



*The most important conversation you will ever have.*

For more information:  
Go to [www.ThoughtfulLifeConversations.org](http://www.ThoughtfulLifeConversations.org)

**Call 602.445.4300**

# 1

## REFLECT on What Matters Most in Life

Start by thinking about what you want for end-of-life care. This will help you decide on medical care that is right for you.



**Questions:** These questions can help you decide your priorities for your medical care:

1. **When I think about the last phase of my life, what matters to me is...**
2. **What gives my life meaning and makes life worth living?**
3. **Can you imagine health experiences worse than death?**
4. **How much information do I want to know?**
5. **Is it most important to you to:**
  - ◆ Live as long as possible, even with pain or disability?
  - ◆ Or, try treatments for a period of time, but stop if you are suffering?
  - ◆ Or, focus on quality of life and comfort, even if your life is shorter?
6. **Can I change my mind later about what's important to me?**
  - ◆ Yes, at any point in time, you can change your mind.

# 2

## DISCUSS Options & Wishes with Your Doctor & Loved Ones

Now that you've thought about what matters most to you at the end of your life, it's time to share your thoughts with your loved ones and your doctors.

### Ask Doctors the Right Questions

- ◆ Write down questions ahead of time.
- ◆ Bring someone with you.
- ◆ Tell doctors at the start of the visit that you have questions.
- ◆ Ask about the benefits, risks, options and alternatives.



### Conversations with Loved Ones

1. Prior to talking with loved ones it is a good idea to get ready. Use The Conversation Starter Toolkit to get started.
2. Write things down.
3. Start by telling them this is important to you and ask for their assistance.
4. Discuss your wishes and what role you want your loved ones to play.
5. Be ready for resistance. It's ok to say, "I'm ok right now, I'm just planning for the future and want you to know about my wishes so you can be there for me when I need you."

# 3

## DOCUMENT Your Wishes by Completing Your Healthcare Directive Documents

It's important to document your wishes. Anyone over the age of 18 should complete their healthcare directives.

### Choose a Healthcare Power of Attorney & a Mental Healthcare Power of Attorney

Who would you want to make medical decisions for you if you were unable to make them for yourself? This should be a person you trust to have your interests at heart— someone who can make decisions for you in a manner that is consistent with your preferences, even if he/she disagrees.

### Complete a Living Will

Document your wishes for care about medical treatment you want or do not want.



**Be sure to sign your forms and have a witness or notary sign too!**

**Completing Healthcare Directives gives you and your family peace of mind.**