



## ADVANCE CARE PLANNING



1

Think about what matters most in life.

2

Talk with your doctor and loved ones.

3

Fill out the documents.

4

Share your wishes and your documents.

5

Review and update your documents.

1

### Think About 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.

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

1. When you think about the last years of your life, what matters most to you is...
2. What gives your life meaning and makes life worth living?
3. Can you imagine health experiences worse than death?
4. How much information do you want to know?
  - Do you want to know your prognosis, symptoms, etc.?
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 you change your mind later about what's important to you?
7. What faith and cultural values are important to you?

## 2

### Talk About Options and Wishes with Your Doctor & Loved Ones

Now that you've thought about the things that matter 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 be prepared. Use The Conversation Starter Kit at [azhha.org/advance\\_care\\_planning](https://www.azhha.org/advance_care_planning) to get started.
- 2.** Write things down.
- 3.** Start by telling them how important this is to you and ask for their help.
- 4.** Discuss your wishes and what part you want your loved ones to play.
- 5.** Be ready for pushback. It's alright to say, *"I'm OK right now. I'm planning for the future and want you to know about my wishes so you can be there for me when I need you."*

## 3

### Fill Out Your Healthcare Directive Documents

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

#### Choose a Healthcare Power of Attorney and 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 that align with your wishes, even if they

disagree. This person would be considered your healthcare power of attorney or medical decision-maker.

#### Complete a Living Will

- ▶ Document your wishes concerning medical treatment you want or do not want.
- ▶ Be sure to sign your forms and have a witness or notary sign too.

# 4

## Share Your Wishes and Documents

Make sure loved ones know your wishes and where to find your documents. This will help you get the medical care you want.

### How to say it:

▶ **To your healthcare power of attorney, loved ones and doctors:**

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

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

*“Please honor my documented wishes for end-of-life care.”*

Give them a copy of your completed healthcare directive forms.  
Register your documents with the Health Information Exchange at [azhdr.org](http://azhdr.org).

# 5

## Review and Update Your Documents Often

Because situations often change, you should review your documents and update them from time to time. This will help you get the medical care you want when you want it.

### When to Review & Update?

▶ **Remember the 5 Ds**

- **D**eath of a loved one
- **D**ivorce
- New **d**iagnosis
- **D**ecline in health
- New **d**ecade

▶ Major illness

▶ Change in treatment plan

▶ **Other important life changes**

- Birth of a child/adoption
- Graduation
- Guardianship
- Marriage

▶ Change in your wishes

▶ Transfer from one care setting to another

Let others know when you've updated your documents and share the new copies with them.

**You can change your mind at any time.**



Completing your healthcare directives gives you and your loved ones peace of mind.  
For more information visit [azhha.org/TLC](http://azhha.org/TLC) or call **602-445-4300**.