

Discuss Your Wishes: Advance Care Planning

Gifts we can give our loved ones.....

By planning ahead and leaving careful direction about what to do when we become ill or unable to take care of ourselves is a very loving and insightful gift we can give our loved ones.

Questions to consider in discussions:

- Do you have any significant health problems?
- What health problems do you fear in the future?
- What frightens you most about medical treatments?
- What role does religion, faith, or spirituality play in how you live your life?
- How does cost influence your decisions about medical care?
- In terms of future medical care, under what circumstances would you want the goals of medical treatment to switch from attempting to prolong life, to focusing on comfort?
Ask yourself, what will help me live well at this point in my life?
- Share your views with the people who would make your medical decisions if you could not make them for yourself.
- These are the things I need to tell my loved ones.
- What is your idea of comfort care? Describe how you would want medications to be used to provide comfort. What type of spiritual care would you want?
- If you could no longer swallow, would you want tube feeding?
- Would you want to be sedated, kept in a sleeping state, if it were necessary to control your pain?
- I need to learn more about?
- I need to ask my healthcare provider about?

QUESTIONS?

CONTACT US AT 651-635-9173 TO MEET WITH AN
ADVANCE CARE PLANNING FACILITATOR

