

## **ADVANCE CARE PLANNING**

Advance care planning allows you to make medical treatment decisions about the care you want to receive if the day comes when you're unable to speak for yourself. These are very personal decisions, and each person has different opinions about what they consider important and burdens or treatments they want to avoid. Advance care planning is intended to help communicate your values and goals of medical care to the medical team and your loved ones. If you are very sick and unable to talk, your physicians will discuss your wishes for medical treatment with your family. If your family doesn't know what your preferences for medical care are, it will be difficult for your physicians to feel confident that the treatment aligns with your preferences and best interests. Making an advance care plan helps your family and your physicians know things you consider important at the end of your life, because the treatment plan is customized to reflect your personal preferences and wishes.

Remember, the purpose of advance care planning is not meant to discourage you in any way. Everyone, regardless of their health, cannot predict the future. As with all things in life, we hope and plan for the best. However, it's prudent to also plan for the worst, which we will do with this exercise.

Look at each value statement below. Then, select the number that reflects how much you agree or disagree with the statement. Use the ruled lines below to write down some thoughts about each value statement.

## **VALUES: EXPLORING WHAT IS IMPORTANT** Your Independence I am someone for whom it is important to do simple daily activities like feeding myself, bathing, and walking independently without severe difficulty. Strongly agree Strongly disagree Is there anything you would like to share about the importance you place on this value that would be helpful for us to know? I am someone for whom it is important to be able to make decisions for myself. 1 Strongly agree Strongly disagree Is there anything you would like to share about the importance you place on this value that would be helpful for us to know? Your Social Life I am someone for whom it is important for me to be able to talk and interact meaningfully with my family and friends. Strongly agree Strongly disagree Is there anything you would like to share about the importance you place on this value that would be helpful for us to know

## Your Body

I am someone for whom it is important to avoid ongoing or reoccurring physical discomfort like shortness of breath, pain, or other symptoms.

1	2	3	4	5
Strongly agree				Strongly disagree

Is there anything you would	d like to share abou	t the importance you	place on this value t	hat would be helpful for us to know?
I am someone for whom it for long periods of time (e.			nt on machines such	as mechanical ventilation, hemodialysis
1 Strongly agree	2	3	4	5 Strongly disagree
Is there anything you would	d like to share abou	t the importance you	place on this value t	hat would be helpful for us to know?
Your Longevity				
I am someone for whom it is	s important to extend	my life as long as pos	sible, even if I cannot	interact or communicate with others.
1	2	3	4	5
Strongly agree				Strongly disagree
	u like to share abou	t the importance you	piace on this value t	hat would be helpful for us to know?
Your Spiritual Life				
I am someone for whom it	is important to seek	guidance from religio	ous teachings or lea	ders about medical treatment.
1	2	3	4	5
Strongly agree				Strongly disagree
Is there anything you would	d like to share abou	t the importance you	place on this value t	hat would be helpful for us to know?
End-of-Life Care				
Finish the Sentence: What matters to me at the	end of my life is			
your wishes for end-of-life	care?			and/or physicians to understand about
1				
2				
3				



