

# ADVANCE CARE PLANNING

*Have YOU had the Conversation?*

*Imagine...* an accident or illness leaves you unable to make personal healthcare decisions.

***Who may legally speak for you?  
Would they know your preferences?***

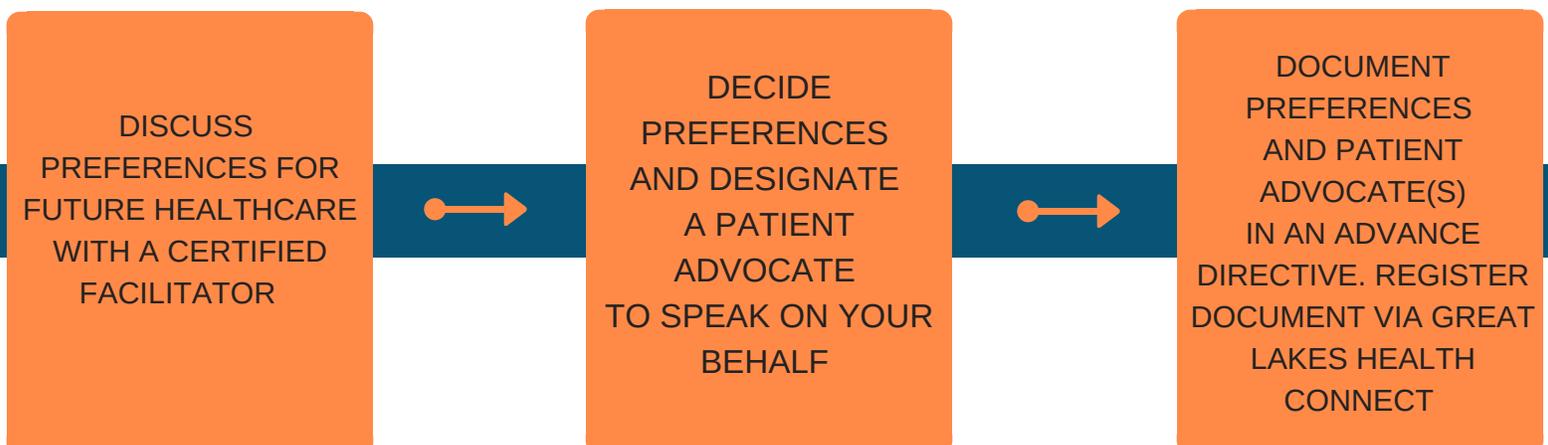
No one can predict when an illness or accident may occur, leaving you unable to make personal healthcare decisions. Advance care planning makes your personal healthcare preferences known, providing a tool to patient advocate(s) and healthcare providers to ensure that your healthcare wishes are honored. When your goals for care are known in advance, patient advocate(s) have guidance when sharing your decisions. Your guidance is a gift to your patient advocate(s) and relieves the burden of guessing what matters most to you.

## WHAT IS ADVANCE CARE PLANNING?

Advance care planning is a process – a conversation, really – to help you clarify your health care values, including those for future end-of-life care. Everyone, 18 years and older, should take the time to go through this process. The conversations include you, a trained facilitator, and your patient advocate(s). The conversations will help you clarify your wishes regarding future medical care should you no longer be able to speak for yourself.

**AN HOUR OF YOUR TIME CAN HELP YOU DISCUSS, DECIDE, AND DOCUMENT YOUR WISHES.**

## ADVANCE CARE PLANNING PROCESS



# FREQUENTLY ASKED QUESTIONS

## WHAT IS A PATIENT ADVOCATE?

The patient advocate(s) is a person you select – someone you believe understands your wishes and will follow through with your healthcare decisions. The person you designate should feel comfortable and confident about sharing your choices for the medical care you wish to receive. The person must be able to follow your wishes, even if they do not agree with them, and/or even though it may be hard to do.

## WHAT IS AN ADVANCE DIRECTIVE?

The Advance Directive (AD) is a document created as a result of advance care planning conversations. It reflects your healthcare values and preferences for healthcare, including end-of-life care. For example, what are your preferences for pain management? When would you want life-support treatment versus allowing a natural death? Would you want to take advantage of hospice care?

## WHAT DO I DO WITH MY COMPLETED ADVANCE DIRECTIVE ?

- Give your patient advocate(s) a copy of your AD once they sign their portion accepting their role as your advocate – it's legal and does not need to be notarized.
- Store your original copy in a convenient location, not a safety deposit box!
- Discuss your AD preferences with your medical provider. Give that person a copy.
- Discuss your goals of care with your family and friends. Give them a copy of your AD and encourage them to complete their own!
- Register your AD with Great Lakes Health Connect's trusted and secure Community Health Record, making it available (only as appropriate) to a state-wide network of hospitals, primary, specialty, and allied care organizations. Visit [www.MakingChoicesMichigan.org](http://www.MakingChoicesMichigan.org) to learn how to register your AD.

## HOW DO I GET STARTED?

*Contact Making Choices Michigan to schedule an appointment today.*

(616) 421-4840

[info@MakingChoicesMichigan.org](mailto:info@MakingChoicesMichigan.org)

[www.MakingChoicesMichigan.org](http://www.MakingChoicesMichigan.org)

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