
Patient & Family Checklist

How to talk to your family about advance care planning

ACP
DECISIONS

Welcome to ACP Decisions

This guide will help you and your family talk about your future healthcare and make sure that your wishes are met. This process is known as Advance Care Planning, or ACP for short.

Today, the medical professionals who treat you may not know you well, so it's important to let your family and friends know what treatment options you want.

The ACP Decisions Video Library and this checklist will help make sure that you have the important information needed to make decisions based on your values and beliefs.

The five key ingredients are:

1

Understanding ACP

2

Exploring Your Values and Beliefs

3

Using an ACP Decisions Video

4

Documenting Your Conversation

5

Revisiting the Conversation

This guide will tell you about each of these points.

THE FIVE INGREDIENTS TO UNDERSTANDING ADVANCE CARE PLANNING:

1 Understanding ACP

ACP IS A PROCESS THAT HELPS YOU:

- Think about what would be important to you if you were very ill.
- Learn about medical options.
- Learn how to make informed decisions.
- Choose a loved one to make decisions for you or to have a written document that states your wishes.

2 Exploring Your Values and Beliefs

Some people have strong opinions about what is important to them if they became very ill. Others may have certain things they would rather avoid. It's important to tell people about your values and beliefs.

ASK YOURSELF:

- What fears do you have about getting sick?
- If you were very sick, are there any specific kinds of treatments that you think would be too much for you?

3 Use ACP Decisions Videos

Knowledge is power. Today, knowledge is delivered with visual images. The video library introduces you and your family to patient care options. Please review a video

that gives an overview of what advance care planning is and what the options are for medical treatments.

This video will review some of the ideas we have discussed. It will also provide additional information to help you make an informed decision.

4 Documenting Your Conversation

It's important that medical professionals know what your values and wishes are. It is important to complete an advance directive or have someone you trust as your health care proxy.

You should discuss your thoughts, concerns and choices with those close to you. And you might want to choose someone who is willing to speak for you when you cannot speak for yourself. Please talk to your family and friends now about what is important to you to live well.

5 Revisiting the Conversation

ACP is not just one single conversation but it is a process that takes place over time. You might change your mind over time. You might change your mind if your health changes, or because of other reasons. This is completely normal! ■