



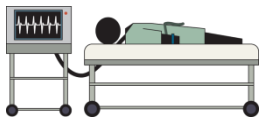
Learn how to talk about
end of life at
ConversationsOfaLifetime.org

What is Advance Care Planning?

- A series of conversations to discuss and understand wishes for end-of-life care
 - A way to document your medical wishes so those you love know what matters most to you
 - A guide for doctors and your care team to follow if you become too sick to make decisions for yourself
-

What are Advance Directives?

Gives instructions about future care if you are unable to participate in medical decisions due to serious illness or incapacity. Types of advance directives include **Living Will and Medical Power of Attorney**. They are NOT financial forms.



Living Will— A type of advance directive in which *you write down your wishes* about the kind of medical treatment you want if you are unable to speak for yourself. *Living Will is NOT the same as a Last Will and Testament.*



Medical Power of Attorney— *Names someone else to make decisions about your medical care* if cannot speak for yourself. Must be 18 or older, may be a family member or friend, should be someone you trust. The person named may be called a 'surrogate' or a 'proxy'.

- The Living Will and the Medical Power of Attorney can be signed by two witnesses, who are not blood related to you, or by a notary public.
 - There is no cost to obtain or complete the forms.
-

Terms and treatments you may want to discuss with your doctor and care team related to your health care decisions:

- Cardiopulmonary Resuscitation (CPR)—Cardio=Heart, Pulmonary=Lungs, Resuscitation=to bring back
- Ventilator—A breathing machine that pumps air into your lungs and breathes for you
- Dialysis—A machine that cleans your blood if your kidneys stop working
- Feeding Tube—A tube used to feed you if you cannot swallow and are unable to eat
- Blood Transfusion—Receiving blood through an IV if your count is low