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