

Resources

www.prepareforyourcare.org

<https://www.ariadnelabs.org/areas-of-work/serious-illness-care/resources/>

<https://www.youtube.com/watch?v=mByh7f7F7a8&feature=youtu.be>



Counseling can help you process these difficult conversations.



If you need support, talk to your medical provider about getting a referral to see one of WMC's behavioral health providers Dr. Hegland or Brynn Jollay.



Questions for Your Medical Provider

- ✓ *When should I have a Life Choices Conversation? How do you determine when it is appropriate?*
- ✓ *How does this conversation affect my current care plan?*
- ✓ *How do I share this information with my friends and family?*
- ✓ *What if I am not ready to have this conversation?*
- ✓ _____
- ✓ _____
- ✓ _____



LIFE CHOICES

ADVANCED CARE PLANNING



This information is compiled from various articles and research on life choices conversations. This brochure provides some basic information on the topic, but may not apply to everyone.

Talk to your medical provider today to get more information on this health topic.

* 303-428-7449 *
www.westminstermedicalclinic.com

What Is Advanced Care Planning for Life Choices?

1. A discussion between you and your provider about **what is most important to you**.
2. An opportunity for you and your provider to make sure you are **receiving the care that best matches your beliefs and values**. It is best to have these conversations early when you are well.
3. An opportunity to help **prepare your loved ones to make the right decisions for you** if you are unable to in the future.



What Should I Expect?

Visit #1: We will discuss the following:

- What would you like to know about your illness? What can you expect in the future?
- What kind of information would help you make decisions about your future?
- What kind of medical care do you want or not want?
- What does quality of life look like and mean to you? What do you want to be able to do in the future?

Visit #2:

- Review and explain your Living Will, Advance Directives, Medical Power of Attorney, and life-sustaining treatments.
- Prepare these documents (if needed).
- Connect you with any needed resources in the community.



How Do I Get Started?

Call **303-428-7449** to schedule your first appointment. If you decide to have this conversation during your next Annual Wellness Visit, plan for a longer 1.5 hour appointment. Medicare will cover this conversation as part of your Annual Wellness Visit. If you have this conversation outside of your Annual Wellness Visit, you will be charged your regular copay. When scheduling, please let us know if you are bringing someone with you.

Talking about Your Illness

Talking about your illness with friends and family may not be easy, but it will help them understand what is important to you and help them support you and your decisions.

1. **Choose a time and place** when you feel relaxed. Make sure you have enough time to talk.
2. **Start the conversation.** Let them know that you are doing okay and you are working with your medical provider to discuss and establish a plan for your future care. Let them know they are important to you and that you would like them to be a part of the conversation. Invite them to your appointment.
3. **Check in** with them and ask what they understand about your illness. Ask them if they would like more information.
4. **Share with them what is important to you.** Discuss your goals, fears, worries, desired abilities, and the tough choices, which may need to be made in the future.
5. **Plan a time to talk again** to discuss any questions they have and invite them to your appointment.