

Advance Care Planning is Important for You and Your Family


Because....

Planning for your future healthcare goals ensures:

- Your doctor and family know what you value most
- You can pick which treatments you do and do not want
- You and your family can talk about what will work best for you

Most importantly....

Talking openly helps you and your family prepare for the future
so you can spend more time doing the things you love



Terms you may hear...

Advance Directive - Your instructions about the care you want in the future. These will be used only if you are unable to communicate your choices. Make sure you have talked about your *advance directive* with your doctor and they have a copy in your medical record.

Healthcare Proxy (or Durable Healthcare Power of Attorney) - This is someone you trust to make decisions for you in case you are ever unable to make them yourself.

Do Not Resuscitate (DNR) - This is a form you can fill out if you do not want cardiopulmonary resuscitation (CPR). CPR is given when someone stops breathing or their heart stops.

Hospice - These services give support to patients and their families during the final stages of life. The goal of hospice is to make the patient and family as comfortable as possible.

What you should know...

- 1) Your doctor can help you understand the types of care you may need in the future
- 2) You *can* and *should* update your wishes
- 3) It is important to tell your doctor, healthcare proxy, and family what you want
- 4) Planning for your future now can improve your quality-of-life later

You and your family can find more information at...

~ **Caring Conversations Workbook from the Center for Practical Bioethics** ~

This workbook can help you talk with your family about what is most important to you.

Phone: (816) 221-1100 **Toll free:** (800) 344-3829

Free Downloads can be found in the "Resources" tab at:

<http://www.practicalbioethics.org/documents/caring-conversations/Caring-Conversations.pdf>

~ **Five Wishes from Aging with Dignity** ~

This easy-to-understand guide lets you check off your "wishes". Available in 27 languages, including Braille.

Phone: (850) 681-2010 **Toll free:** (888) 5WISHES (594-7437)

<http://www.agingwithdignity.org/five-wishes.php>



Your doctor is available to talk and answer questions at...

Jefferson Family Medicine Associates

509 S. Broad Street

Philadelphia, PA 19147

Phone: 215-546-0224

<http://www.jeffersonhospital.org/departments-and-services/family-and-community-medicine/>

-or-

<http://www.jeffersonhospital.org>