



Planning Today for Your Healthcare Tomorrow:

A PERSONAL GUIDE



ADVANCE DECISIONS • 5 STEPS

There are **5 STEPS** to **ADVANCE CARE PLANNING**

Step 1

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Pick someone you trust to make healthcare decisions for you if you can not speak for yourself. This is your **healthcare agent**.

Step 2

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Think about what you would want if you were not going to get better. **Tell** your healthcare agent.

Step 3

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Write your healthcare wishes down. This is an **advance directive**.

Step 4

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Share your advance directive with your healthcare agent and your healthcare providers.

Step 5

ADV

Talk to your healthcare provider and **Support Star** about other forms that might be right for you, like a medical order form (MOST).

Step 1 Pick someone you trust to make healthcare decisions

- ◆ Only official if you complete an advance directive.
- ◆ A trusted friend or family member.
- ◆ Only makes decisions about your **health**, and only if you cannot speak for yourself.

Step 2 Think about what you would want if you were not going to get better

If you got really sick, what is most important to you?

- ◆ Staying alive at all costs, no matter how painful or uncomfortable?
- ◆ Being kept as comfortable as possible, even if it means you may not live as long?
- ◆ What do you value about your current way of life?



In **Step 2**, you will need to think about some serious questions. If you were very ill, what would make you the most comfortable? Are there certain **traditional activities** that you want to be sure are included in your care?



Step 3 Write your healthcare wishes down KT

- ♦ An **advance directive** is a legal form that gives you control over your health if you are ever unable to speak for yourself.
- ♦ Sometimes called a **living will** or a **medical power of attorney**.
- ♦ Important for all ages, and can be changed at any time. Simply destroy the old document and create a new one.
- ♦ To be reviewed every year, especially after any major life change like a marriage, divorce, birth, or changes in your health.

Step 4 Share your advance directive with your healthcare agent and healthcare provider

- ♦ Share your advance directive with your family and your healthcare provider.
- ♦ Talking about your wishes can be hard or even scary. Having an advance directive helps your loved ones know what you want.
- ♦ Some people find it is helpful to talk to a spiritual leader.
- ♦ Private and owned by you. Only people you want will see your advanced directive.

Step 5 Talk to your healthcare provider and Support Star about other important forms, like a MOST

MOST stands for **M**edical **O**rders for **S**cope of **T**reatment. It's a doctor's order that you can use if you have a **serious illness** and are at risk of getting sick enough to go to the hospital at any time. Many people will keep the MOST form with them so EMTs know what they want if there is a healthcare emergency. I keep mine on the refrigerator door!



Do Not Resuscitate

For: People with serious health issues

Gives directions to health care providers during health emergencies

M O S T

For: People with serious health issues

Gives directions to health care providers during health emergencies

Advance Directives

For: All adults

Names a healthcare agent

Gives details in case of an unplanned health event

Healthcare Power of Attorney & Healthcare Agent

For: All adults

Names a healthcare agent

Living Will

For: All adults

Gives details in case of an unplanned health event

Will / Last Will and Testament

For: All adults

Names an executor (agent)

Tells family and others what to do with money and property after death

Power of Attorney

For: All adults

Names a person to make decisions about money and property if a person cannot speak for themselves



This booklet is all about making your wishes about you. Make your wishes, have more control over your wishes and your healthcare if you can't speak for yourself.

When I was diagnosed with diabetes I was grateful that there were lifesaving treatments, but **I was also scared because I did not have a plan.** I worried that I might be in pain or become a burden to my family. **I was worried** that talking about my values and healthcare decisions with a trusted family member would be difficult, but **I felt better when I could.**



When I was sick in the hospital and I thought I might die, my family already knew my wishes.



It is better when we go ahead and **deal with the hard now** so that it can be a little **easier in the future**.

I don't want my family to feel more stress if I get seriously ill. I'm making a plan, an advance directive, so they won't have to wonder what I want. They will know.



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RESOURCES

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EBCI Resources

Home Health/ Tribal Care Services, Phone: (828) 359-6872

Legal Assistance Office, Phone: (828) 359-7400

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