

Have a Voice in Your Care

Advance Care Planning and Directives



Today's Topics

Understand Advance Care Planning (ACP)

- Why ACP is important
- Steps for ACP and completing your Advance Directives

Tips for starting the conversation with others

Learn about resources to assist in completing your ACP

What is Advance Care Planning?

Process of communication and planning for future health care needs, **not a one-time event**



Think about your wishes and values

Discuss your wishes with loved ones and physician

Document your wishes



ACT NOW

Why is Advance Care Planning Important?

The care you receive can better reflect your wishes



Your loved ones won't have to guess if they made the right choice



Your healthcare team would be aware of your treatment preferences



Can reduce unwanted care, treatment, and hospitalizations



Your agent has legally recognized status as a decision maker



Advance Care Planning Steps



Identify any personal, cultural, or religious beliefs that may affect treatment decisions



Choose a decision-maker (Health Care Agent)




Discuss and decide on your care goals in the event of a severe accident or illness




Complete Advance Directives Forms

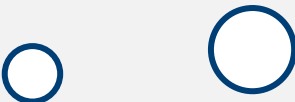
Reflect on Your Values, Beliefs, and Wishes



Who and what matter most to me?



What treatments do I want... or not want?



Where do I want to spend my last days?

Choose a Decision Maker

Who can be trusted and will:



Accept the role



Talk with you about your goals, values, and preferences



Follow your choices, even if they do not agree with them



Make decisions in sometimes difficult moments



Have availability via telephone

Role of a Health Care Agent



Make choices about medical care



Review and release medical records



Arrange for medical care and treatment



Make decisions on living situations



Decide which health providers can provide treatment

Advance Directives

- Declaration to Physicians (Wisconsin Living Will)
- Power of Attorney for Health Care
- Power of Attorney for Finance and Property
- Authorization for Final Disposition

Visit dhs.wisconsin.gov/forms/advdirectives/index.htm to access the forms and more information.

Note: Everyone over the age of 18 (unless they have a guardian in place) should complete an advance directive

Completing the Process



Give copies of your Advance Directives to:

- Health Care Agent(s)
- Primary Care Clinic
- Any Health Care Organization where you receive care



Talk to loved ones about your documents and wishes



Keep your original Power of Attorney form where it can be easily found

When Does a Health Care Agent's Authority Begin?



The Power of Attorney

- Must be activated



Two providers (MD, DO, APP) must:

- Examine the patient
- Sign a statement certifying the patient is incapacitated

Organ Donation

Anatomical Gift (POAHC)

- <https://health.wisconsin.gov/donorRegistry/public/donate.html>

UW Body Donation Program

- <https://www.med.wisc.edu/body-donation/>

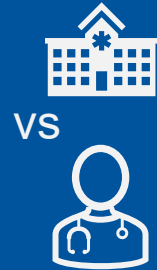
UW Brain Donation

- <https://www.adrc.wisc.edu/brain-donation>

WI Do Not Resuscitate (DNR)



Cardiopulmonary
Resuscitation (CPR)



Hospital versus Community
Physician Order



WI DNR Bracelet



POLST
(Physician Order for Life
Sustaining Treatment)

Tips for Starting the Conversation



Start as early
as possible



Ask open
ended
questions



Explore and
Listen:

- Life Goals
- Where do you find strength and support?
- Spiritual and cultural considerations

Additional Resources

The Conversation Project

- <https://theconversationproject.org>

GWAAR-Guardianship Support Center

- <https://gwaar.org/guardianship-resources>

Wisconsin Medical Society

- Advance Care Planning & Advance Directive (wismed.org)
- Fillable Advance Directive forms in several languages

Continued Additional Resources

National Resource Center on Psychiatric Advance Directives

- <https://nrc-pad.org/>

Advance Directive for Dementia

- <https://dementia-directive.org/>

UW Health

- www.uwhealth.org/acp
- Free Advance Care Planning Virtual Workshops

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Questions?