

Advance Care Planning

Chippewa Valley CARE Coalition

Committed to improving
end-of-life care through:

**Communication
Advance Planning
Resources
Education**

Understanding Advance Care Planning

Why do we Avoid it?

- I'm afraid to think of it
- It just makes everyone sad
- It "weirds us out" to think of it
- I'm too young to have to worry about it
- I'm healthy and take good care of myself
- I have to protect my loved ones from discussion
 - Does it mean I am giving up hope?
 - Will I disappoint those I love?

Who Should Have One?

**Anyone Over
The Age
Of
18**

**What is an
Advance Directive
For
Health Care?**

Directions In Advance

Why Have One At All?

- **Protects your autonomy**
- **Makes it easier on your family**
- **Accidents and illness happen to everyone**
- **Assures that you get the care you choose as an individual**

Choosing the Right One

**Power of Attorney for Health Care
POA-HC
Vs.
Declaration to Physicians
Living Will**

POA-HC

Allows you to name a legal agent to speak for you if you need it, no matter what the situation

Living Will

Declares Your Wishes To Physicians

If

- You are terminally ill**
- You are in a persistent vegetative state**

Medical Technology

Makes it essential to have a POA-HC

We do many things with modern medicine because "we can," but it doesn't always follow a person's life values.

What, no POA-HC?

**Guardianship
Court System
Costly
Stressful
Lose Autonomy**

You are the Captain

**And you get to make choices
NOW
While life is relatively
Calm**

**Common
Misunderstandings**

**•POAs are for the very old,
the very sick, or the dying**

**•It should be done "later"
because it's so complicated**

Who to Name as Agent

- 18 years of age or older
 - Relative or Friend
- Can live near or far away
- Does not have to be present
- Trusted person who can stay calm and follow your wishes
- Someone you can talk openly with

Empowering the Agent

- To be a "Voice"
- To talk with your doctors
- To make decisions about
 - Feeding tubes
 - Long term care

**The best answer is
"Yes"**

Release Limitations

"I trust this person to make the best decisions possible given the situation, knowing who I am, what I believe in, and what makes life worth living for me."

Statement of Desire

- **Special requests**
- **Express life values**
- **What gives life meaning**
- **What quality of life means**

Organ Donation

- **Saves lives**
- **Does not cost the donor**
- **Does not delay funeral**
 - **Does not disfigure**
 - **Elderly can be donors**

**You'd be amazed at what they can do
with bone and tissue**

Signing the Document

- **Two witnesses**
- **Age 18 or older**
 - **Non-medical**
 - **Non-family**
- **All sign on the same date**

What do I do with it?

**Give copies to:
Agents
Physicians
Hospital
Clinic**

When is the POA-HC used?

- It is used when you are unable to participate in your healthcare decision-making. Two physicians or a physician and a psychologist have to state you are incapable of thinking clearly, processing information, and making informed medical decisions. The POA-HC is then 'activated'.
- If you regain the ability to make decisions, the POA-HC will be 'deactivated'.

The next step: Conversations to have with your agent/family

- What makes life worth living for you?
- How much medical intervention would you want?
- How long would you want it tried?
- What worries you the most?
- What are some of the most important things to you?

Medical Interventions

- **Artificial nutrition**
- **Artificial hydration**
- **CPR (Cardio-Pulmonary Resuscitation)**
- **Ventilators (Breathing Machines)**
- **Kidney dialysis**

What if I Change My Mind?

- **Update the old one**
- **Name a different agent**
- **Review at intervals**

Traveling

- **Vacationing-carry it with you**
- **Having two homes-Get one made in each state**
- **Have it faxed if needed at different facility**

**So Why Complete a
POA-HC?**

- **It is a gift to those you love**
- **Directing healthcare providers to honor your wishes**

**Where Can I Get Help
Making a POA-HC?**

- **Your local hospital**
- **Your healthcare clinic**
- **CARE website**

www.ChippewaValleyCARECoalition.org

**You may wish to consult with an attorney.
However, this document can be completed
independently and free of charge.**
