

# Advance Care Planning

## What is Advance Care Planning Vs. Advance Directives.

Advance Care Planning is the conversation.

Meaningful conversations across life's stages with your loved ones, medical providers, clergy, an ACP facilitator, allowing for a deeper understanding of and honoring of your wishes.

Advance Directives are the written plans or documents.

A Durable Power of Attorney for Health Care. A legal document that names a person who will speak for you when you can't — your Health Care Agent

A Living Will or Health Care Directive — your written instructions to physicians and family about the type of life-sustaining treatment you do or don't want.

## Why Advance Care Planning is important for all adults.

A process of communication that helps you understand, reflect upon and discuss your goals, values and beliefs for future health care decisions.

## What it Involves—3 Decisions.

1. Choosing a decision maker (Health Care Agent)
2. Discussing your goals for care when there is little chance you will recover the ability to know  
*who you are - where you are - or who you are with.*
3. Identifying the personal, cultural or religious beliefs that may affect life-sustaining treatment decisions.

**Getting Started On-line:**  
[www.honoringchoicespnw.org](http://www.honoringchoicespnw.org)  
[www.friendsofhospice.net](http://www.friendsofhospice.net)

## How to choose someone to be your Health Care Agent.

1. Is this person **willing** to be my health care agent?
2. Does he or she **understand** my preferences?
3. Will he or she **follow** my preferences?
4. Can he or she make difficult decisions in a **stressful** situation?

Putting your wishes in writing.

- Whitman County  
Advance Directive
- Your Attorney

Keep one for yourself and provide copies to:

- \* Your primary healthcare provider/hospital
- \* Your health care agent and alternates
- \* Others—loved ones, clergy, attorney

## For Assistance With Your Advance Care Planning

### WHITMAN COUNTY

Pullman Regional Hospital Social Work, Katie Evermann Druffel 336-7556

Whitman Hospital & Medical Center Social Work, Kathleen Haley 397-3435 Ext 354

Friends of Hospice, Annie Pillers 332-4414