

ADVANCE CARE PLANNING:



It's For Everyone.

Complete Your Living Will/Advance Directive Document

(It's a two-step process)

STEP ONE Designate your Healthcare Decision Maker (also known as healthcare surrogate):

This is the person who will make your healthcare decisions when you are too sick to make them yourself. Everyone over the age of 18 should choose a healthcare surrogate - even if you are perfectly healthy.

Choose someone who:

- Knows your wishes
- Will make decisions in line with your wishes
- Will be comfortable speaking up on your behalf

Prepare your healthcare surrogate:

- Be sure the person is able and wants to be your healthcare decision maker
- Be sure your surrogate understands his or her responsibility
- Be sure your surrogate understands your wishes and choices

Advance Care planning is preparing now for the healthcare you would want if you could no longer speak for yourself. Even if you are in good health, it's important for your loved ones and healthcare team to know your wishes since anyone's health status can change in an instant.

STEP TWO Express your wishes:

You MUST choose one of the following for each option of life-prolonging treatment (artificial ventilation and nutrition/hydration).

Remember, this part of the document only applies if you are terminally ill, death is near and you are unable to speak for yourself.

- Allow to die naturally (withhold/withdrawal of treatment)

OR

- Do NOT withhold/withdraw treatment - proceed with all life-prolonging measures

OR

- Authorize the healthcare decision maker you have named to decide (must have surrogate named)

**Sign & date the Living Will/
Advance Directive document in the
presence of two witnesses **OR** a notary.**

Maintain Your Advance Directive/Living Will Document

- Keep the original copy of your advance directive where you can easily find it.
- Give a copy to your healthcare decision maker, healthcare providers, hospital, family, and friends. Keep a copy in your glove compartment.
- Carry a notice or documentation in your wallet that says you have an advance directive (See resources at the bottom right).
- Review and update who you have named as your healthcare decision maker and the direction you have given regarding life-prolonging treatment at regular intervals (every decade of life) and with any major life event (marriage/divorce, diagnosis of serious illness, relocation, planning for major travel, etc.).

Advance Care planning is a journey. Just as you will change over time, your healthcare wishes and choices will change over time. It's important to have several conversations with your healthcare surrogate and healthcare team throughout your life to make sure you get the care that matters most to you.

Shared Decision Making with Advance Care Planning

The goal of shared decision making with advance care planning is to determine what healthcare treatments align with your values and goals:

- Your healthcare team knows information about the disease, tests and treatments (including risks and benefits) that may be necessary for your individual circumstances
- You know information about your body, your circumstances and your goals for life and healthcare
- Together, you and your healthcare team collaborate to make sure the care you receive is the care that you desire

Schedule an appointment with your healthcare provider for shared decision making with advance care planning:

- This step is recommended for individuals with complex, chronic health conditions, serious illness, and advancing age
- It is best if it is reviewed and updated at least annually with your entire healthcare team, healthcare surrogate, and loved ones

To obtain an advance directive/living will form and/or wallet card, contact/visit:

- St. Elizabeth PrimeWise (859)301-5999 or stelizabeth.com/primewise or PrimeWise@stelizabeth.com
- Kentucky (ag.ky.gov/consumer-protection/livingwills)
- Indiana (in.gov/isdh/25880.htm)
- Ohio (ohiohospitals.org/advance-directives)

Additional resources are available:

- Five Wishes (agingwithdignity.org)
- The Conversation Project (theconversationproject.org)
- My Directives App (for iPhone)
- Speak to your attorney or legal adviser
- Send questions to palliativecare@stelizabeth.com