

# Advance Care Planning for Every Adult

The coronavirus that causes COVID-19 has created fear and uncertainty globally. Our goal is to help address and calm some of those fears.

## THERE ARE FOUR IMPORTANT ACTIONS EVERY ADULT CAN TAKE TO BE PREPARED.

### 1. Think

Think about your priorities, values and wishes.

### 2. Share

Share your priorities, values and wishes with those you love.

### 3. Choose

Choose someone you trust to speak for you should you become unable to speak for yourself.

### 4. Write

Write down your wishes on paper. We recommend completing a power of attorney for healthcare. You might also choose to complete a living will.

## THINK

Some of the greatest gifts you can give those you love are preparation and honest conversations. The questions below will help you focus on your priorities, values and wishes.

### Consider

- What brings meaning and happiness to your life? What brings joy or comfort?
- What activities or hobbies are important to you?
- Do you have spiritual or cultural activities/rituals that are important to you?

### Reflect

- Have you experienced a friend or family member being seriously ill or hurt and in the hospital? What did you learn from that experience?
- How do you make important decisions?
- In tough times, which person in your life do you trust the most to help you through and give you advice?
- Which person in your life do you trust to give you advice about healthcare choices?

### Determine

- What do you understand about your health status or current illness (if you have one)?
- What questions do you have for your healthcare provider regarding your health or current illness?
- What fears or worries do you have about your future health?
- If your health worsens, what are your personal goals in that situation? For example, would you want to focus on living as long as possible, maintaining your current health or being comfortable without receiving aggressive treatments that may not improve your quality of life?
- If doctors told your loved ones that your chance of recovering from an illness was very slim and you would likely never be able to communicate with people around you, what would you want your loved ones to do - continue all possible treatments no matter what or stop aggressive treatment and keep you comfortable?

## SHARE

Share your answers with your loved ones. They need to know your wishes in case they need to make medical decisions for you.

## CHOOSE

Choose a healthcare agent.

- This person should be someone you trust who can follow your wishes if you aren't able to speak for yourself.
- This person should be willing to accept this role knowing it could be emotionally difficult if they have to speak for you.

## WRITE

Complete an advance directive to assist your loved ones and healthcare providers. We recommend completing a power of attorney for healthcare. You might also choose to complete a living will. The power of attorney for healthcare is used to name your healthcare agent and provide contact information. If illness prevents you from expressing your wishes, this document states the person you choose to speak for you. To access these documents, use these links:

Power of attorney for healthcare - [bit.ly/CarleHCPOA](https://bit.ly/CarleHCPOA)

Living will - [bit.ly/CarleLivingWill](https://bit.ly/CarleLivingWill)

### Witnessing

Advance directives must be signed by a witness to be valid. Options for getting a witness signature while practicing social distancing include:

- Calling your local bank to ask if a notary is available. When you arrive at the drive-up window, send your form through to be notarized. Wash your hands thoroughly afterward.
- Asking a neighbor if they're willing to sign as a witness. You can leave the form on their front porch, and then walk away and stand at a distance. After the neighbor has signed, they can place the form back on the porch and return into the house. You can then approach and retrieve the documents. Wash your hands thoroughly afterward.

### Submitting

Advance directives can be added to your medical record in one of these ways:

- Upload to your MyCarle account. After signing into your account, select Advance Directives from the Health tab.
- Mail a copy to Health Information Management at 611 W. Park St., Urbana, IL 61801, ATTN: HIM/ACP.
- Bring a copy to your next appointment at Carle.

## CONTACT US

We're happy to answer questions. Email us at [ACP@carle.com](mailto:ACP@carle.com) or call your primary care doctor's office to schedule a phone visit with a social worker or an advance care planning facilitator.

## OTHER RESOURCES

- [TheConversationProject.org/Top-TCP-Tools](https://TheConversationProject.org/Top-TCP-Tools)
- [BeginTheConversation.org](https://BeginTheConversation.org)
- [HonoringChoicesPNW.org/Plan/Talk-About-It](https://HonoringChoicesPNW.org/Plan/Talk-About-It)