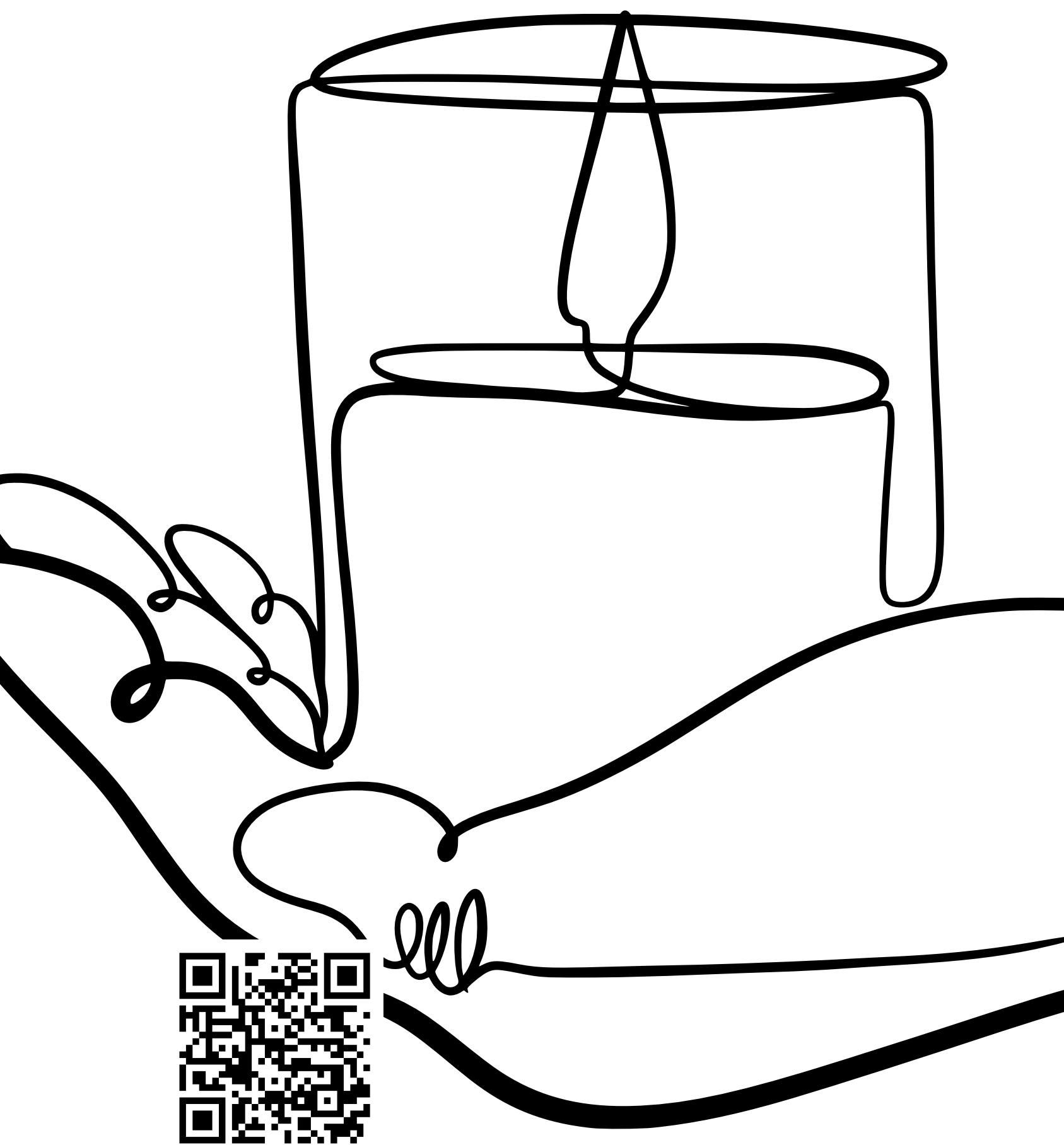


# Advanced Care Planning

## Give yourself peace of mind.

If you are put in a position where you cannot make decisions for yourself or communicate, this document will let health care providers, friends, and family know what your wishes are so you receive the treatment that you want and don't receive treatments you do not want.

It can be scary thinking about these situations. Many of us would like to imagine we will never need something like this, but serious illness can happen unexpectedly and having these documents will give you peace of mind



<https://mededmaterials.org/>

Disclaimer: Med ed materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

### Types of Documents

Any of these documents can be changed, they are not set in stone.

- Living will - tells providers when to give, withhold, or remove life-sustaining treatments
- Durable Power of Attorney (DPOA) - Choosing a healthcare proxy or decision-maker who can make decisions for you. They should make decisions that YOU would want, not what THEY want. You can include which treatments you do and do not want.
- Do Not Resuscitate Order (DNR) - states you do not want your care team to restart your heart or lungs if they stop working (CPR or intubation). You can still have pain medication, antibiotics, and other care. You will receive what is called Comfort Care.
- You can just have a conversation with your family (or decision maker) and provider before putting anything on paper.