

## WHAT IS ADVANCE CARE PLANNING?

Advance care planning is a process that enables people to create a plan about their future health care.

Advance care plans provide direction to health care professionals when a person is not able to either make or communicate their own health care choices.

It is a time to reflect on your values and wishes for future care. It is also an opportunity to talk about future care options with your family, friends and healthcare team.

Advance care plans include a written record of:

- your wishes for future care and
- the person you want to speak for you if you cannot.

## LEARN MORE

- Visit our website: [www.myccv.org](http://www.myccv.org)
- Email us: [myccv@healthcentricadvisors.org](mailto:myccv@healthcentricadvisors.org)
- Like **Healthcentric Advisors** on Facebook 

## MEET OUR GRANT PARTNERS

Healthcentric Advisors was awarded a Rhode Island State Innovation Model Grant from The Executive Office of Health and Human Services. This grant includes the following partners:



**VNA of Care New England**

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## IT'S NEVER TOO EARLY TO START PLANNING



# ADVANCE CARE PLANNING

THINK ABOUT YOUR FUTURE **CARE** • WRITE DOWN YOUR **CHOICES** • VOICE YOUR WISHES WITH LOVED ONES



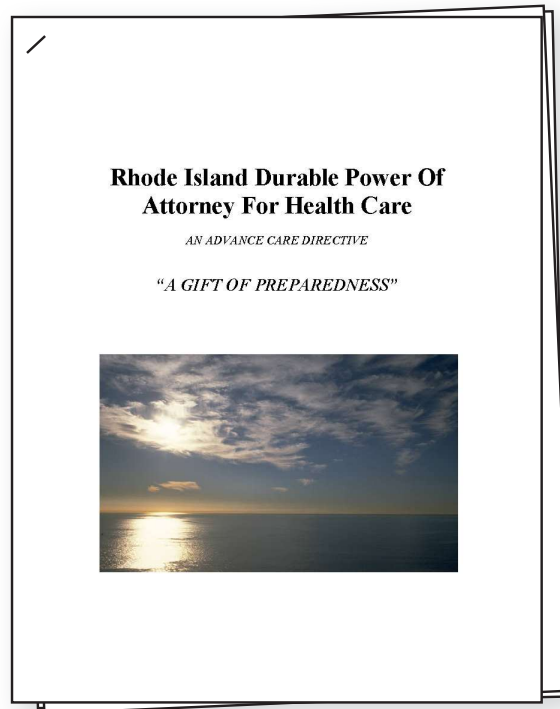
## WHAT DO I DO FIRST?

- Think about what treatments you would like and not like.
- Discuss your wishes for future care with those you trust.
- Share your decisions about future care with your family, friends, and healthcare provider(s).
- Give your loved ones the chance to talk about your thoughts, fears and choices.
- Have as many conversations as you need. Remember you can always make changes should your healthcare situation or wishes change.

## WHAT IS THE RHDURABLE POWER OF ATTORNEY FOR HEALTH CARE FORM?

This form is a type of advance care planning. There are two parts to this form:

1. A section that allows you to choose a **health care decision maker** - someone who will speak for you, when you cannot.
2. A place to record your wishes for future care if you become sick or hurt.



Find a copy of the free *Rhode Island Durable Power of Attorney for Health Care* form on our website at: [www.myccv.org](http://www.myccv.org)

## WHAT DO I DO WITH MY ADVANCE CARE PLAN?

- Make sure that someone - such as your provider, lawyer or family member - knows that you have an advance directive and where it is located.
- Keep the form where it is easy to find.
- Make copies to:
  - Give to your health care providers and your health care decision maker
  - Put in your car's glove box
  - Attach to your refrigerator
- Keep a card or note in your purse or wallet that states you have an advance directive and where it is located.

## REVIEW YOUR PLAN OFTEN

You can change your mind about your wishes at any time.

Talk about your advance care plan at each of your doctor visits.

