

ADVANCE CARE PLANNING

Making your health care wishes known



At Allina, we encourage you to have a discussion with your loved ones about your goals and values for future health care needs. An advance care planning session provides information to others about your wishes in case illness or injury prevents you from telling them yourself.

Advance care planning helps your loved ones gain a better sense of your values, preferences and wishes related to health care. It can help them make the “right” decisions for you if you are unable to do so yourself. Things to think about:

Q: What do you hope to achieve in going through the advance care planning process?

A: Think about what you want to discuss with your loved ones about your health care wishes. This is a time for you to share your personal beliefs, values, goals and religious/spiritual beliefs, and how this relates to your health care wishes for the future.

Q: Have you had past experiences with a family member or friend where a decision had to be made about a critical health care situation?

A: Think about the health care decisions that had to be made during these difficult times. What would you want your loved ones to do for you? Talking about this can relieve the burden of your loved one having to make health care decisions for you at an emotionally difficult time.

Q: For healthy people: What would you want for yourself if you were injured or suddenly became ill and were unable to speak for yourself?

A: For example, if you were in a serious car accident, would you want life support treatment? Would you want medical treatments such as a ventilator/respirator, feeding tube, cardiopulmonary resuscitation (CPR)?

Q: For people with an illness: If you might die from your illness at some point in the future, what kind of care would you want?

A: Think about your wishes about the quality and length of your life. Think about your wishes for medical treatment, including pain control. Think about where you would want to spend your final days.

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www.allina.com/palliative

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Q: Who should be your health care agent?

A: You can appoint someone, called a health care agent, to make health care decisions for you if you can't make them on your own. Your agent should be willing, able and available to know and understand your wishes, goals and values. In addition, your health care agent should be able to honor and respect your wishes even if those wishes do not agree with their own values and beliefs. Your agent should also be able to make decisions under stress or crisis.

To assist you in the advance care planning process, Allina has registered nurses and social workers trained and certified to assist you and your health care agent in having advance care planning discussions and developing an advance care plan.

Ask your doctor about advance care planning assistance or call the Allina Care Navigation Help Desk at 651-635-9173 to meet with an advance care planning facilitator.

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