



RESPECTING CHOICES®

An advance care planning system that works!

What You Should Know about Advance Care Planning (ACP)

ACP is more than just a document. ACP is a process of shared decision making with you, your family, and your health providers to improve understanding, reflection, and discussion about your future healthcare decisions.

ACP is about getting the information you need to make informed decisions. It is a series of conversations to clarify your values and your beliefs about future healthcare so your wishes can be honored by your family and healthcare providers.

ACP not only helps you make healthcare decision(s) for yourself, it also helps ensure that your wishes are followed.

ACP gives you the power to make informed decisions about what medical care is best for you. This means selecting the treatment that you want, refusing the treatment that does not make sense to you, and making sure that you receive symptom management at all times.

ACP helps others understand the type of care you want when you can no longer make decisions for yourself. It's about taking control of your future medical care.

ACP is a gift to your family so they do not have to guess what kind of care you would want in a healthcare crisis.

ACP helps families avoid the guilt they may feel when they do not know for sure if they've made the healthcare decisions you would want

Advance directives can be changed at any time, as long as you are capable of making decisions. If you complete an advance directive document, like a living will, power of attorney for health care, or some other type of written plan, a copy can become a part of your medical file.

The law does not require you to have an attorney to complete an advance directive. **The law does not require you to complete an advance directive. It is your choice.**

People who participate in **advance care planning** report greater satisfaction with their healthcare experience and their healthcare providers.

The goal of ACP is to develop a plan that reflects your informed decision—whatever they may be—and to make sure that those close to you know and support that plan. The ultimate goal is to make sure you receive the best care possible, as you have decided, based on all the information, even when you cannot participate in your own decisions.