

Thank you for taking the time to consider these important conversations. For information or assistance in completing your advance directives, or if you wish to meet with a trained facilitator to walk you through the process, please contact your Providence primary care provider.

There is no charge for this service.

For more information go to Providence.org

OUR MISSION

As people of Providence, we reveal God's love for all, especially the poor and vulnerable, through our compassionate service.

OUR CORE VALUES

Respect, Compassion, Justice, Excellence, Stewardship



Providence Health & Services, a not-for-profit health system, is an equal opportunity organization in the provision of health care services and employment opportunities.

Advance Care Planning

Making your wishes known



What is Advance Care Planning?

Advance Care Planning (ACP) is the process of considering health care you want in the future and choosing someone, called a health care agent, to speak for you if you cannot communicate.

ACP includes conversations with your loved ones and health care provider about your goals, values and beliefs.

After you know what you want and do not want, you should complete a legal document called an advance directive so that your wishes can be honored. It includes two parts: a health care directive for treatment wishes and a durable power of attorney for health care to name your health care agent. You can update this document whenever you wish.



Five simple steps to completing an advance directive

1. Select a person who can speak for you if you are too ill or unable to communicate clearly (health care agent).
2. Think about what is most important for your quality of life should you become seriously ill or injured with a life-threatening condition.
3. Write down your wishes in an advance directive form. Your health care directive indicates care you wish to have or avoid such as a feeding tube or life sustaining measures.* Durable power of attorney for health care names your health care agent.
4. Have two people witness you sign the advance directive form and acknowledge your signature.
5. Share copies of your advance directives with your family, caregivers and health care team so they can support you and your decisions when needed.

DID YOU KNOW?

Most people believe they should talk to their doctors about their wishes for treatment in life-threatening situations and wishes for care as they are dying. But most people do not have these conversations.



90% of people think it's important to talk about wishes for treatment and care through the end of life.



27% actually speak with a loved one about wishes for treatment and care.



82% of people say it's important to put their wishes for treatment and care in writing.



23% have actually put their wishes for treatment and care in writing.



*Examples of life sustaining measures are:

- CPR (Cardiopulmonary Resuscitation)
- Breathing tube or ventilator
- Dialysis
- Feeding tube or IV Hydration
- Medications like antibiotics or those to support blood pressure.