

# Advance Care Planning



What if you had a sudden illness or injury and could not speak for yourself?

Who would you want to speak for you?

What would you want them to know about your health care wishes?

## What is advance care planning?

Advance care planning (ACP) is a *process* that helps you:

- Think about your values and goals,
- Reflect on health care choices you may have to make in the future,
- Select a person who can make choices for you if you can't make them yourself, and
- Make a written plan for the future.

## What is an advance directive?

It is important to write down your goals, values and preferences. There are many ways to do this. We recommend that you use a document called an *advance directive*. This allows you to choose a person who can make health care decisions for you. This person will *only* make choices if you cannot make them yourself.

## Start planning now.

Make an appointment with an ACP facilitator today to start this process. This person will help you have a conversation with your loved ones about what matters the most to you for future medical choices.

## For more information contact one of our clinic locations:

|                 |                |                        |                |
|-----------------|----------------|------------------------|----------------|
| <b>East</b>     | (608) 222-9777 | <b>Hatchery Hill</b>   | (608) 661-7200 |
| <b>Capitol</b>  | (608) 257-9700 | <b>Madison College</b> | (608) 441-3220 |
| <b>DeForest</b> | (608) 846-4787 | <b>Sauk Trails</b>     | (608) 831-1766 |

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# Health Care Agent



This guide will help you learn about the role of the health care agent.

## What is a health care agent?

A health care agent is a person who makes health care decisions for someone who can't make their own choices. An agent may be needed if the person is very sick, injured or is nearing the end of their life. Choose a health care agent *before* a crisis.

## When does a health care agent start to make choices?

An agent makes choices *only* if the person is not able to. Two doctors (or a doctor and a psychologist) have to agree that the person is not able to make his or her own choices.

## What are some of the decisions that a health care agent may need to make?

A health care agent makes decisions *based upon the person's wishes and values*. An agent may make the following choices for the person:

- Decide on tests, surgery and medicine
- Choose the patient's doctor(s)
- Choose the location(s) where the person may receive care
- Decide to stop treatment
- Decide whether to share the patient's medical records

## How do I know if I am ready to be a health care agent?

You should be able to answer "yes" to all of these questions:

- Am I willing?
- Have I spoken with the person about what he or she values?
- Can I follow the person's wishes even if I do not agree with them?
- Am I able to make choices in difficult moments?

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# CPR



This guide will help you decide if you want CPR if your heart or lungs stop working.

## What is CPR?

CPR (cardiopulmonary resuscitation) is a medical treatment to try to restart your heart or lungs if they stop working. Another person will perform CPR on you. CPR can include:

- Breathing into your mouth and pressing on your chest.
- Electrical shock and drugs to try to start your heart.
- A tube to help you breathe.

## Does CPR always work?

CPR does not always work. It can have serious side effects. Your doctor can help you understand the chance that it will work well for you, and what your side effects may be.

## When does CPR work best?

- You are in good health.
- You get CPR within a few minutes of your heart or lungs stopping.

## When does CPR not work well?

- You have serious health problems.
- You are older and/or physically frail.

## What are the side effects of CPR?

If CPR works, it usually has side effects, such as:

- Your lungs may be weak. You may need to be on a breathing machine for a while.
- You may need to be cared for in an intensive care unit (ICU) of a hospital.
- You may have damage to your ribs.
- You may have brain damage.

## If you want to try CPR:

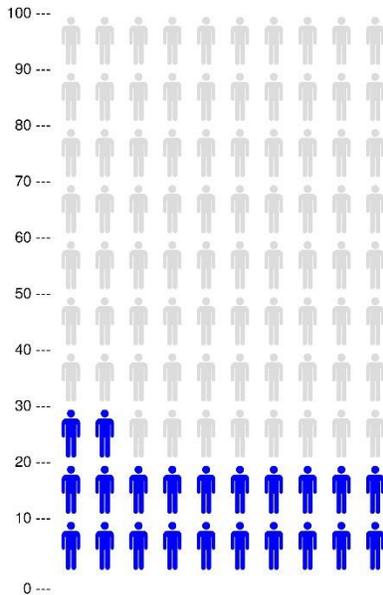
If you want to try CPR, talk with your doctor about what results you might expect. What are your goals in receiving CPR?

## If you do not want CPR:

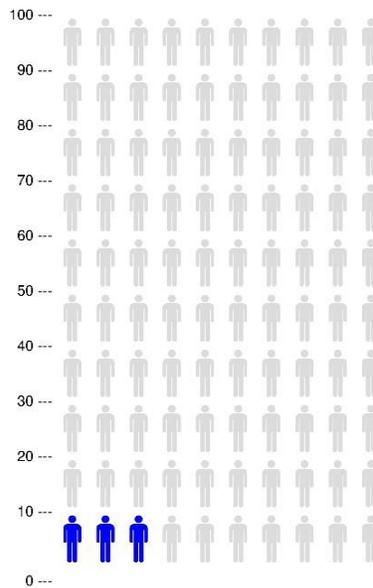
If you do not want CPR, you will still get other health care. There are many options to help you live as well as possible.

## How well does CPR work?

CPR works for 22 out of 100 people when given in a hospital.



CPR works for less than 3 out of 100 people who are older, physically weak and living in a nursing home.



## Share your decision:

Talk to your doctor and family about your choice. Write it down in a legal document called an advance directive.

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