

ADVANCE CARE PLANNING

WHAT IS **ADVANCE CARE PLANNING**?

Advanced care planning is a process that begins with a conversation. Respecting Choices at Beaumont certified facilitators are available to guide you through the process. It involves sharing your values and beliefs with your chosen patient advocate and doctor. Successful completion results in an advance directive legal document.

WHAT IS AN **ADVANCE DIRECTIVE**?

The advance directive is a legal document that describes your specific preferences for medical treatments in case you are unable to do this. Your advance directive, also called a Durable Power of Attorney for Health Care, will only be used if you become so sick or injured you cannot communicate your wishes yourself. The advance directive starts with listing a patient advocate to make decisions for you when you are no longer able and includes additional optional documentation regarding preferences for cardiopulmonary resuscitation (CPR), life support and organ donation.

Sharing Your Wishes and Choices

- Let your family and close friends know you have completed this document. Let them know who your patient advocate(s) are and what your health care wishes are.
- Take a copy of your advance directive with you whenever you are admitted to a health care facility and ask that it be entered into your electronic health record.
- Keep a copy of your advance directive where it can be easily found.
- You can make changes to your advance directive at any time.

We recommend you update your document every few years, or follow the 5D rule:

- Every new *decade* of your life.
- After the *death* of a loved one.
- After a *divorce*.
- After any significant *diagnosis*.
- After any significant *decline* in functioning.

The Respecting Choices at Beaumont advance directive form can be found online, along with additional information.

To have a document uploaded to your Electronic Health Record use one of these three ways:

Fax: 947-522-0473

Submit: through MyChart

Email: advancedirectivefax@beaumont.org

To speak with a Respecting Choices® at Beaumont certified facilitator, please contact us at:



Phone: 947-522-1948



Email: respectingchoices@beaumont.org



Website: beaumont.org/respecting-choices