

# Honoring Choices

## Advance Care Planning



**Who would make decisions for you if you could not speak for yourself due to illness or injury?**

**What kind of care would you want?**

**Do your loved ones and health care team know your choices?**

### Why is it important?

- You have the right to know what your health care choices are, and to decide which ones are right for you.
- An unexpected illness or injury may cause you to be unable to participate in important treatment decisions.
- If choices are left to others to decide, that responsibility can be difficult and stressful if they don't know what you want.
- Your voice should be heard in the care you want to receive.

### Our goal is to:

- Help you make informed healthcare decisions that honor your goals, values and beliefs.
- Offer trained staff who can assist you with advance care planning throughout your life.
- Ensure your health care choices are clearly defined, documented, and available in your medical record.
- Translate your choices into medical orders as needed.
- Honor your choices.

When it comes to decisions about your health care, it's important that your voice is heard. You may not always be able to speak for yourself.

We encourage you to have discussions with your loved ones, cultural or spiritual leaders, and health care providers about your goals, values, beliefs, and choices.

**Honoring Your Choices ...it's about the conversation**

**[www.fairview.org/choices](http://www.fairview.org/choices)**

# Honoring Choices Advance Care Planning



## Advance Care Planning Terms

### **Advance Care Planning:**

Lifelong conversations with your loved ones, medical team and cultural and spiritual leaders to help you make decisions about the care you would want to receive if you become unable to speak for yourself. These discussions let you reflect upon your goals, values and beliefs in regards to future health care decisions.

### **Health Care Directive:**

A legal written document outlining your medical treatment wishes in case you cannot speak for yourself. Completing a directive is optional. We recommend it so your values and choices are clear to your loved ones and care providers. *A directive is intended for anyone 18 years of age and older and should be reviewed and updated over time.*

**Health Care Agent:** Someone named in a health care directive to make health care decisions based on your wishes if you are unable to communicate due to injury or illness.

## We can help you begin the conversation

- We know planning for future health care choices involves thinking about and discussing sensitive, personal, and sometimes difficult situations.
- It is important to talk about your choices with those closest to you and to your health care team so they know what your wishes are. You may also want to put your choices in writing in a Health Care Directive.
- The best time to develop an advance care plan is now, not when faced with a crisis. We offer free classes at multiple locations and times. Our trained facilitators will provide information and guide you through a Health Care Directive form. They can also review, notarize and add your document to your medical record.

Download a document, information materials or register for a [free](#) class on advance care planning and creating a health care directive at: [www.fairview.org/choices](http://www.fairview.org/choices) , 612-672-7272/1-800-824-1953 toll free

Or email us at [honoringchoices@fairview.org](mailto:honoringchoices@fairview.org)

Fairview Health Services is part of Honoring Choices Minnesota®, supporting and promoting the benefits of advance care planning conversations. Visit their website for additional resources at [HonoringChoices.org](http://HonoringChoices.org)

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