



Common Questions with Answers

What is Advanced Care Planning?

Advanced care planning is a way for you to share your wishes for future health care decisions at a time where you may lose the ability to communicate. Individuals can guide their loved ones by working with their medical team to make informed decisions about their care.

What are these documents and when are they used?

The documents are an official way to make your wishes known. They only go into effect if you lose your ability to communicate or do not have capacity to make your own decisions. They guide your loved ones and physicians on the medical treatments you would or would not want. This can ensure your wishes are followed while removing some of the burden from your family.

What are Advanced Directive forms?

They are the legal document which provide your wishes for future health care decisions.

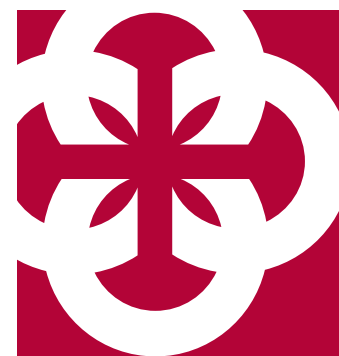
The durable power of attorney for health care allows you to appoint someone who would speak for you if you are not able to speak for yourself. The living will states your wishes in regards to life sustaining treatment in a very specific set of circumstances.

Neither go into effect if you can make your own wishes known.



You can request further information from your provider or contact the number indicated below for your area and ask to speak with a chaplain.

Baker City 541-524-7764
Boise 208-367-2121
Nampa 208-205-1000
Ontario 541-881-7000



Advanced Care Planning

Planning for future health care
decisions while making
your wishes known



What would you want your healthcare team to know?

Many of us will face times when we are not able to communicate our choices due to a sudden or long-term illness. Take time to consider where you are in planning your path for the future.

Where are you in thinking about your future health care choices?

“I DON’T KNOW MUCH ABOUT ADVANCED DIRECTIVES, LET ALONE HOW TO TALK ABOUT THEM.”

Thinking about what might happen can be tough, even for those who have chronic illness, but it is important for all of us, no matter our age or health status.

Start thinking about it now by asking yourself these questions:

- What brings me meaning?
- What is my purpose in life?
- What are my goals/ bucket list?

Knowing your answers to these questions can help your providers address your goals and what brings you meaning into your care plan. You may not be able to swim the English Channel but they can help you strive for a milestone or check something off your bucket list.

“I HAVE THOUGHT ABOUT IT, I AM NOT SURE WHO TO CHOOSE AS MY SURROGATE”

A surrogate or proxy is someone who makes decisions on your behalf when a provider determines you are unable to participate in your care in this way.

When picking a surrogate consider if that person:

- Is over 18 and not your doctor
- Knows you, what is important to you, and cares about you
- Is able to make hard choices under stress
- Is able to separate what you would want from their own wishes
- Can handle conflicting opinions
- Is able to check-in for updates

“I KNOW MY WISHES, BUT I’M NOT SURE WHAT TO DO NEXT”

Tackling your advanced care plan can feel unusual. Talking in person with a trained facilitator can be helpful.

Make an appointment to talk about next steps:

- Your provider
- A Saint Alphonsus Chaplain

To find a provider call 208-367-DOCS (3627) or visit www.saintalphonsus.org.

Don’t be afraid to ask questions as you have these conversations. Know that you can talk about it and then revisit things as you have new thoughts or life experiences.