

Let's Talk: Advance Care Planning During the COVID-19 Pandemic

In light of a serious outbreak of this virus, we are asking everyone to reflect on their advance care planning: your wishes, goals, and fears related to your health. **People who think through what is important to them and what their wishes are often feel less anxious, and more in control.** It also helps the people who support you to make the decisions you would make for yourself if you were not able to.

We understand that these may be scary times with worries about the future. **Your healthcare team is here to support you.** We like to start talking about this when people are doing well. Your current illness is serious but stable, so now is a good time to talk about what lies ahead and to do some planning for the future.

Before talking with a health professional

Please take time to think about what is important to you, especially if you were to get sick with COVID-19. We will be asking:

- What would you like to know about your current illness, COVID-19 and what may happen if you were to get sick?
- What kind of information would help you make decisions about your future?
- What are your fears & worries about your current illness and COVID-19?
- Are there some kinds of medical care you may not want? What makes you feel that way?

- Who would you like involved to help you? How do you feel about sharing these thoughts and feelings with them?
- If you haven't already identified someone to be your substitute decision maker, who could fill that role?

Have you thought about this?

If you have any of the following, please let us know:

- Advance Care Plan
- Advance Directive
- Representation Agreement
- No Cardiopulmonary Resuscitation (CPR) form
- Medical Order Scope of Treatment (MOST) form

If you don't have any of these or have questions about them, we can talk about that.

What's next?

Contact your healthcare team to let us know if you wish to talk more about this. You may also expect a phone call from a staff member. You may find it helpful to have someone join you on a phone call, in fact, we encourage it. **Remember, we are here to support you all along the way.**