

Think about your health care choices if you can no longer speak for yourself.

Advance Care Planning starts off with thinking about what you value in life. Your previous experiences shape who you are, what you believe, and what you value. Faith, family traditions, jobs and friends play a part in your life and affect you deeply. Take a moment to think about the following questions:

1. Reflecting

- Has anything happened in your past that shaped your feelings about medical treatments?
- Think about an experience you may have had when someone close to you was very ill or dying:
 - What was positive about the event?
 - What do you wish had been done differently?

2. Here and Now

- What brings you pleasure and joy?
- Who do you like to spend time with?
- What role does spirituality play in your life?
- How important is faith or religion to you?
- What or who would you miss most if you were unable to function as you do
- Would being unable to participate in these activities or be with these individuals make life meaningless for you? If so, at what point?
- What are your goals for your life from now on?
- Do you have any significant health problems at present? What are they? Might they get worse? How will they affect the rest of your life?
- How might medical treatments for the above help or make it difficult for you in accomplishing your personal goals?

Considering the above, here are some questions to think about:

- Would you want your life prolonged if there was little chance of recovery or return of abilities such as speech, walking, or thinking?
- When would it make sense to you to continue certain treatments in an effort to prolong your life and seek recovery?
- When would it make sense to you to stop or withhold certain treatments and accept death when it comes?