

# Advance Care Plans

## A Smart Way to Take Charge of Your Care

One of the most important decisions you can make is to create advance care plans. These plans make sure you are given the care and treatment you want in case you can no longer speak for yourself.

Talk with your doctor about which plans may be right for you, and learn more about the types available on the chart below. Once you have advance care plans, keep them somewhere you can easily remember and give copies to your healthcare providers, family and friends. Be sure to review them once a year to make sure they are up-to-date.

### Each POLST Is Different

Your state may have a different name for Physician Orders for Life-Sustaining Treatment (POLST). That's because the rules for these plans are made by each state. If you spend a lot of time in another state, you may want to fill out that state's advance care plans, as well. Talk to your doctor about your options.

### Organ Donation

Let your family or close friends know your wishes for organ donation. Even if you are a registered organ donor, your loved ones make the final decision—so it's important they know what to tell doctors.

Are you unsure about being an organ donor? Here are some things to remember:

- ◆ **Doctors will treat you the same.** Their priority is to save your life. Donation is only possible if all lifesaving methods have failed.
- ◆ **Most major religions in the U.S. support organ donation.** It's considered an act of love and kindness.
- ◆ **It's completely free.** There is no cost to donors or their families.

### Types of Advance Care Plans

	Advance Directives	Medical Orders
What are they?	Legal documents, including: <ul style="list-style-type: none"> <li>◆ living will</li> <li>◆ durable power of attorney</li> </ul>	Types include: <ul style="list-style-type: none"> <li>◆ DNR (do not resuscitate) order</li> <li>◆ POLST</li> </ul>
What do they do?	<p><b>Living will:</b> Lets others know your wishes about the type of care you want or don't want, like the use of resuscitation (CPR), a ventilator or feeding tubes.</p> <p><b>Durable power of attorney:</b> Names someone to be your decision-maker for medical and/or financial concerns.</p>	Tells doctors to give specific treatments in a medical emergency. Stays in your medical record.
Who should have this care plan?	All adults.	Some people who are very sick or nearing the end of life.
Can it be used when 911 or an ambulance is called?	No. Emergency care providers must do everything they can to save your life unless you have a medical order. Advance directives can only be used once you are in the hospital.	Yes. Be sure to keep it where emergency care providers can easily find it, like on your refrigerator or by the front door.
Can I create this care plan while I'm in the hospital?	Maybe. It depends on the laws in your state. Ask your nurse or Admissions Department for forms and more information.	Yes, your doctor can create this for you.