

ADVANCE CARE PLANNING

A GENERAL OVERVIEW OF LEGAL DOCUMENTS AND TOOLS TO HELP YOU PLAN FOR YOUR FUTURE AND COMMUNICATE YOUR WISHES

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WHAT IS ADVANCE CARE PLANNING?

- A process that helps you make plans about your future medical care involving discussions with your family and healthcare team and legal documents called Advance Directives
- Provides guidance to your family and medical teams about the medical treatments you want or do not want to receive
- Protects and gives voice to your wishes if you become unable to communicate them

ADVANCE DIRECTIVES

PUTTING YOUR WISHES IN WRITING

1) **Power of Attorney for Health Care (medical POA or mPOA)**

- a legal document naming a person(s) who you trust to make treatment decisions if you are unable to make them for yourself

2) **Physician Orders for Life-Sustaining Treatment (POLST)**

- a medical order that tells your healthcare team your preferences about levels of care you want and do not want

3) **Living will**

- a legal document that addresses life-sustaining medical treatments in end-of-life situations

POWER OF ATTORNEY FOR HEALTH CARE

- IL mPOA Form:

<https://dph.illinois.gov/content/dam/soi/en/web/idph/files/forms/powerofattorneyhealthcareform.pdf>

PHYSICIAN ORDERS FOR LIFE-SUSTAINING TREATMENT (POLST)

- IL POLST form:

https://dph.illinois.gov/content/dam/soi/en/web/idph/forms/topics-services/health-care-regulation/nursing-homes/POLST_220926.pdf

- IL POLST Guidance:

<https://dph.illinois.gov/content/dam/soi/en/web/idph/files/publications/uniform-polst-form-guidancefor-individuals-5-2016-050616.pdf>

LIVING WILL DECLARATION FORM

- IL living will form:

<https://dph.illinois.gov/content/dam/soi/en/web/idph/files/forms/living-will-040416.pdf>

TOOLS TO HELP YOU DISCUSS ADVANCE CARE PLANNING (INCLUDING ADVANCE DIRECTIVE)

- Five Wishes: <https://www.fivewishes.org/>
- The Conversation Project: <https://theconversationproject.org/>

WHEN TO CONSIDER ADVANCE DIRECTIVES...

- Anyone 18 years or older regardless of health status, but especially if you have an advanced or life-limiting illness

WHEN TO CONSIDER ADVANCE DIRECTIVES?

- Based on clinical symptoms (eating, breathing, pain, communication)
- In collaboration with your family/caregivers
- ANYTIME

HOW TO BRING UP ADVANCED DIRECTIVES WITH YOUR TREATING HEALTHCARE PROVIDER?

- Do not be afraid to ask!
- Asking thoughts on progression
- Ask about how to prepare and what are common symptoms

HELPING PATIENTS/FAMILIES/CAREGIVERS MAKE INFORMED DECISIONS ABOUT ADVANCED DIRECTIVES

- Honest and open communication
- Be true to yourself and what you value
- “When the bad days are more than the good days”

HELPFUL LINKS / REFERENCES:

- IL mPOA Form: <https://dph.illinois.gov/content/dam/soi/en/web/idph/files/forms/powerofattorneyhealthcareform.pdf>
- IL POLST form: https://dph.illinois.gov/content/dam/soi/en/web/idph/forms/topics-services/health-care-regulation/nursing-homes/POLST_220926.pdf
- IL POLST Guidance: <https://dph.illinois.gov/content/dam/soi/en/web/idph/files/publications/uniform-polst-form-guidancefor-individuals-5-2016-050616.pdf>
- IL living will form: <https://dph.illinois.gov/content/dam/soi/en/web/idph/files/forms/living-will-040416.pdf>
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