

ADVANCE CARE PLANNING CONVERSATION GUIDE



CLOSE EXPLORE ASSESS SET UP

1. Set up the conversation;
Introduce the idea and benefits;
Ask permission

2. Assess understanding:
• Agent role; Guide selection of an Agent
• Health status and prognosis

3. Explore key topics:
• Fears and Concerns
• Quality of Life values
• Sources of strength
• Values and beliefs
• Understanding of CPR / Life-sustaining treatments
• Loved ones

4. Close the conversation; Summarize key points; Recommend next steps

I'd like to talk with you today about something called "Advance Care Planning". Have you heard of that before? Are you open to starting this conversation with me? It's something we do with all our patients.

The most important part of Advance Care Planning is selecting a person to be your decision-maker if you are ever in the situation where you can't speak for yourself. We call this person your Agent. Tell me what you know about your health now, and what your doctor has told you about what might be coming.

What are your fears and concerns about your future health?
What brings quality to your life now?
What gives you strength when you are in a stressful situation?
What would be important for people caring for you to know about your beliefs, values, and preferences?
If you were to be in a situation where your healthcare team agreed your chances of recovery were extremely small, what would you want to happen?
Have you talked with your family or friends about this?

It sounds like
You have a lot of questions
You want to talk with your family
You're ready to fill out a health care directive
I think your next step should be

Normalize the topic

Select best possible Agent and clarify role and responsibilities

Identify gaps in knowledge, list questions, make referrals

Draw out information to identify themes; help make best choices; encourage communication with health care team and with loved ones

Reassure; recommend; document; follow up



Script adapted from

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