

ADVANCE CARE PLANNING

If you became really sick tomorrow, would your family or healthcare team know your wishes?

Advance Care Planning (ACP) is a way to help you **think** about, **talk** about and **document** your wishes regarding your future healthcare in the event that you are no longer able to make those decisions



1. **Think** about your wishes and values
2. **Learn** about your own health
3. **Choose** someone to make decisions and speak on your behalf
4. **Communicate** your wishes and values about health care
5. **Document** your wishes

How Do I Document My ACP Wishes?

Personal Directive

A **legal document** that you create while you are capable of making your own decisions. It allows you to **name an alternate decision maker** (called an “agent”) and provide written instructions regarding health and personal matters (excluding finances) in the event that you no longer have the capacity to make decisions for yourself.

Goals of Care Designation (GCD) Order Form

A **medical order**, written by a Physician or Nurse Practitioner, that specifies general care intentions, locations of care and transfer opportunities for your current and future care. A GCD is determined by matching your values, beliefs and care wishes with expert clinical advice regarding appropriate medical care.

Advance Care Planning Tracking Record Goals of Care Discussions Form

Is used by health care providers to record and/or summarize the discussions that they have had with you, your family and/or alternate decision maker. These discussions may include your prognosis and your understanding and expectations of treatment and outcomes including life prolonging measures.

What is a Green Sleeve?

The “**Green Sleeve**” is a plastic folder that holds the important Advance Care Planning documents that outline your goals and wishes for your current and future healthcare. This is where your GCD Order form, ACP Tracking Record form, and a copy of your Personal Directive are kept.

Think of the Green Sleeve as your “Medical Passport” – It tells your healthcare team about the important health care decisions you have made. Keep it on or by your fridge and bring it to all of your medical appointments

