

Advance Care Planning

What is Advance Care Planning?

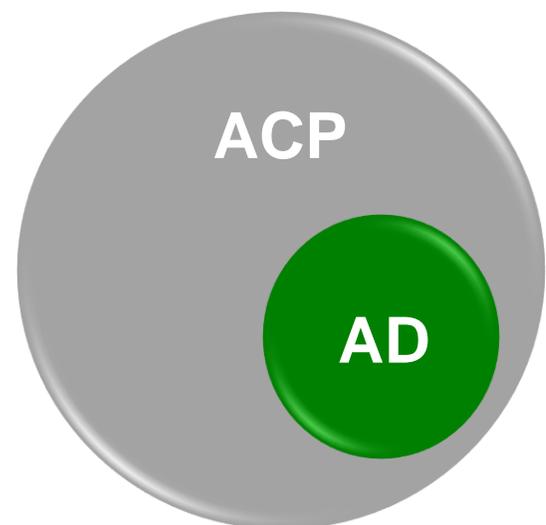
Advance Care Planning (ACP) is the process of thinking about and sharing your values, goals and wishes related to future health care decisions.

What is an Advance Directive?

Advance Directives (ADs) are instructions about your future medical care and treatment that help those closest to you, physicians and other health care professionals know who you would want to make health care decisions for you if you cannot and what those decisions should be. Advance Directives can be completed as part of the ACP process.

Why is ACP Important?

- ❖ ADs are only a portion of the ACP process.
- ❖ ACP is all about **communication** – with those closest to you, your physician, and your healthcare team.
- ❖ ACP is for *all* adults, regardless of health condition.
- ❖ ACP helps to ensure that your wishes are honored.
- ❖ ACP is a gift to those closest to you.



What does the ACP process look like?

The ACP process begins with a conversation with a certified ACP facilitator. This conversation will assist you in reflecting on past experiences and lessons learned from those experiences, promote discussion about what it means for you to live well, explore how your cultural, spiritual, and personal beliefs impact the type of medical care you want for yourself, and discuss your goals of care if you have an unexpected illness or injury.

How can you start your own ACP process?

Parkview Health offers **cost-free** ACP services. You can contact the Parkview ACP Department at 260-266-1481 or acpdept@parkview.com with any questions or to schedule an appointment.

The Indiana Patient Preferences Coalition provides ACP Resources on their website: indianapost.org.