



Advance care planning

Advance care planning is the process of making decisions about your future medical needs in the event you are unable to speak for yourself. These decisions are officially documented through forms known as advance directives, which should be shared with your loved ones and health care providers.

66%

**Number of adults in the U.S.
who have not completed an
advance directive**

I CHOOSE PEACE OF MIND.

By making your preferences known, a completed advance directive allows all involved to honor your dignity and have confidence in providing the care you desire. In addition to ensuring your wishes are respected, advance care planning also provides loved ones clear and concise steps should critical decisions be necessary. Advance care planning should include the completion of advance directive documents. These documents include:

A Living Will

This legal document defines the types of medical treatment you do or do not want. It can cover a wide range of topics, from preferences on pain relief and life-support treatment to whether you want your hand held or bedside prayers.

Durable Power of Attorney for Health Care

This document legally designates an individual on your behalf if you are unable to communicate. Through this form, you can also choose to limit the kind of decisions this person, commonly referred to as your health care agent, can make. If no one is selected at the time of a medical emergency, the responsibility will be delegated to next of kin in order of priority, such as a spouse or adult child.

Iowa Physician Orders for Scope of Treatment (IPOST)

This is a medical order signed by your health care provider clearly defining your preferences for life-sustaining treatments, such as artificially administered nutrition, cardiopulmonary resuscitation (CPR) and machine-assisted breathing. This document should supplement an advance directive, and is most appropriate for those who have a critical illness, are elderly, frail or in the last stages of illness.

FIVE WISHES:

This advance directive names a health care agent and has both components of a living will; stating personal, emotional and spiritual needs as well as medical wishes.