

# Advanced Care Planning



May 9, 2019

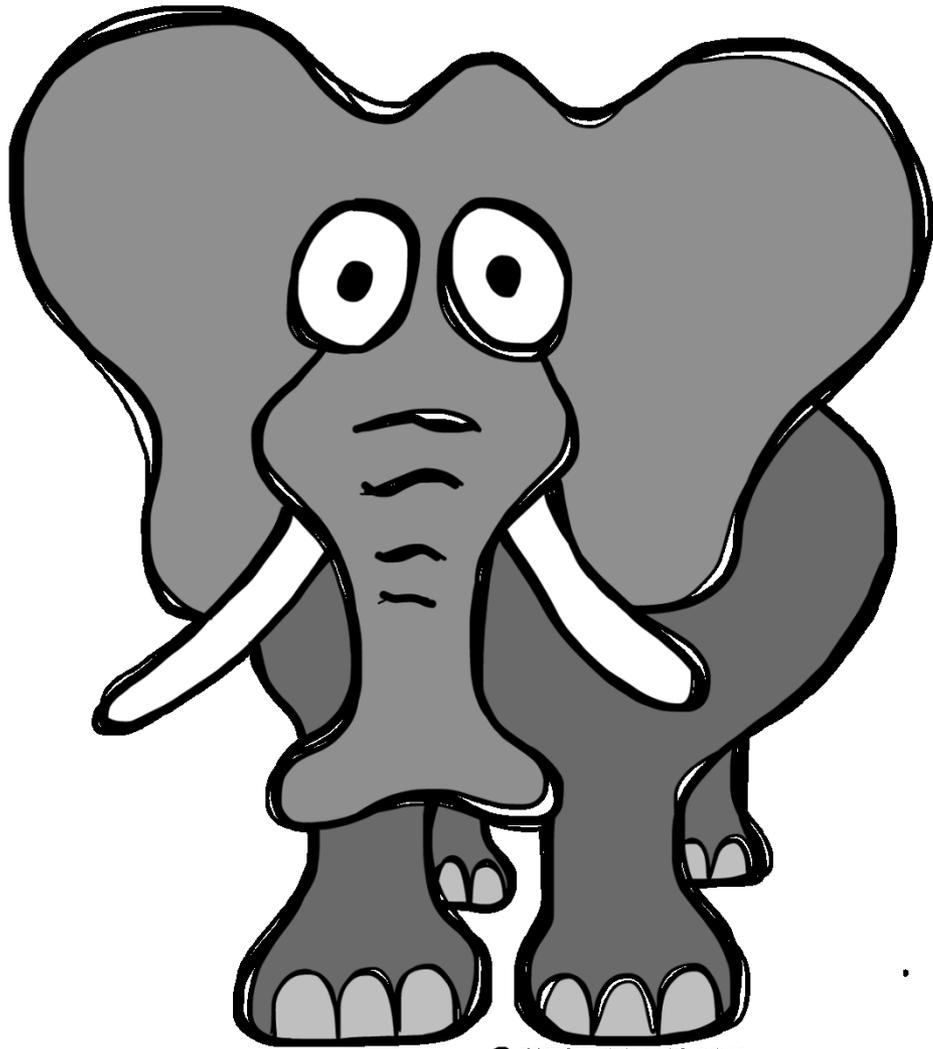
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# Objectives

- **What is an Advanced Directive?**
- **How to get started**
- **Who can be a Patient Advocate?**
- **How do I make my Michigan Patient Advocate Designation legal?**
- **What if I change my mind?**
- **You Have Filled Out Your Health Care Directive, Now What?**
- **Role of the Professional**
- **Resources**



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# What is an Advanced Directive?

a legal document that helps ensure your health care wishes will be respected

allows you to express your treatment and care preferences in writing.

requires you identify a patient advocate of your choice to make medical treatment and related personal care decisions for you if you are unable to speak for yourself.



**Advance Directive**

MY NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ DATE SIGNED \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY, \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

**PART 1: MY HEALTH CARE AGENT**

1. I want my agent to make decisions for me: (choose one statement below\*)  
\_\_\_\_\_ when I am no longer able to make health care decisions for myself, or  
\_\_\_\_\_ immediately allowing my agent to make decisions for me right now, or  
\_\_\_\_\_ when the following condition or event occurs (to be determined as follows):  
\_\_\_\_\_

*\* Normally these statements are separate choices, but it is conceivable that they could be concurrent.*

2. I appoint \_\_\_\_\_ as my health care Agent to make any and all health care decisions for me, except to the extent that I state otherwise in this Advance Directive. (You may cross out the italicized phrase if authority is unrestricted.)  
Address: \_\_\_\_\_  
Relationship (optional): \_\_\_\_\_  
Tel. (daytime): \_\_\_\_\_ (evening): \_\_\_\_\_  
cellphone: \_\_\_\_\_ email: \_\_\_\_\_

3. If this health care agent is unavailable, unable or unwilling to do this for me, I appoint \_\_\_\_\_ to be my Alternate Agent.  
Address: \_\_\_\_\_  
Relationship (optional): \_\_\_\_\_  
Tel. (daytime): \_\_\_\_\_ (evening): \_\_\_\_\_  
cellphone: \_\_\_\_\_ email: \_\_\_\_\_

And if my Alternate Agent is unavailable, unable or unwilling to do this, I appoint \_\_\_\_\_ as my Next Alternate Agent.



# How to get started



- Think and Reflect

- What matters most to you?
- What does living well mean to you



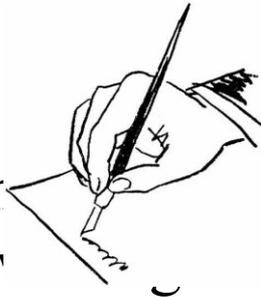
- Talk About It

- 92% Say it is important.
- 32% Actually have had the conversation



- Write it down

- 97% Say it is in
- 37% Have it in



# Some Conversation Points to Consider



- Clearly state your preferences for end-of-life medical treatment. If you haven't thought of writing an Advance Directive yet, now is a good time to discuss it.
- Tell your children or loved ones who you will entrust with the power to make medical decisions for you if you are unable to.
- Discuss who you will entrust with your finances if or when you are no longer capable of managing them yourself.
- Discuss your last will and testament and how you would like your estate to be divided up.
- Make your last wishes clear regarding funeral preparations and any final expenses.

# Where do you stand?



- As a patient, I'd like to know: What is my medical condition and treatment?
- I want my doctors to: Do what they feel best, or Have an say in my treatment.
- Loved ones involvement: Honor my wishes or What brings them peace of mind.
- When it comes: I want to be alone or I want to be surrounded by my loved ones.
- Sharing information: Who and how much do I want to know about my health?
- What are your three most important wishes and preferences for end of life care?

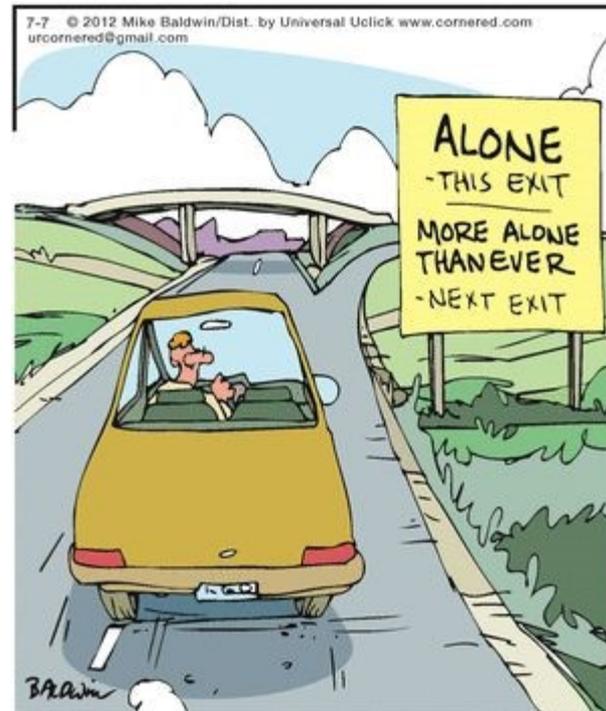
# Who can be a Patient Advocate?

- 18 or older
- Someone you trust
- Accepts the role in writing
- Assertive



# Tips for being an Effective Patient Advocate

- Protect and respect boundaries
- Be the 2<sup>nd</sup> best authority on the patient
- Stand between patients and threats to their control
- Ask questions, don't accept bad answers
- Don't go it alone
- Try hard, fail soft, with practice gain confidence



# How do I make my Michigan Patient Advocate Designation legal?

The law requires that you sign your designation in the presence of two witnesses. These witnesses **cannot** be:

- your spouse, parent, child, grandchild, or sibling,
- a person who stands to inherit from your estate,
- your physician or patient advocate,
- an employee of your life or health insurance provider,
- an employee of a health care or mental health care facility where you are being treated, or
- an employee of a home for the aged, if you are a patient in that facility.
- **Note:** Requirements may vary from state to state



# What if I change my mind



You may revoke your designation at any time

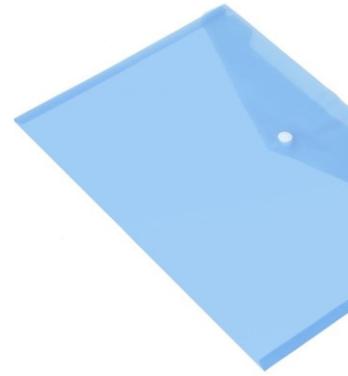
Your physician and patient advocate(s) receive notice of your revocation effective.

Your designation will be automatically revoked if:

- You designate your spouse as your patient advocate and there is an entry by a judge of an order for alimony, divorce, or annulment of your marriage. Your patient advocate's designation will be suspended during any legal proceedings that could result in such an order. The designation of an alternate patient advocate, if you have named one, will not be affected by the end of your marriage;
- Your patient advocate resigns his or her responsibilities; or
- You die, unless you have given your patient advocate authority to donate your organs on page 3 of the form.



# Now What?



Keep the original signed document in a secure but accessible place

Give photocopies of the signed original to your agent and alternate agent, doctor(s), family, close friends, clergy, and anyone else who might become involved in your healthcare. If you enter a nursing home or hospital, have photocopies of your document placed in your medical records.

Discuss your wishes with them often, particularly if your medical condition changes.

# Now What?

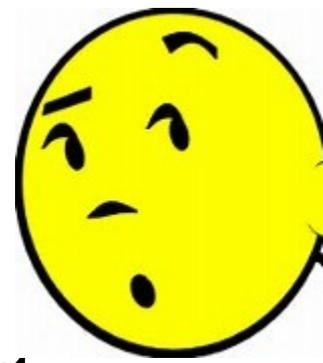


- If you want to make changes to your documents after they have been signed and witnessed, you must complete a new document.
- Remember, you can always revoke your Michigan document.
- Be aware that your Michigan document will be effective in the event of a medical emergency.



# Role of the Professional

Ask – Listen – Advocate – Support



What are your wishes?

What is one thing about you that you think is important to share with me?

What is your biggest fear?

What is your biggest fear about the treatments?

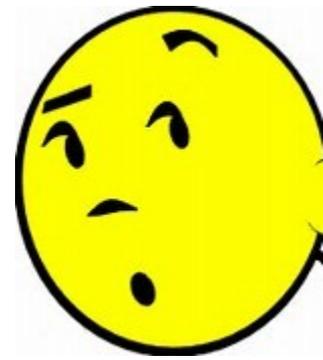
What does quality of life mean to you?

How much do you want to know about your disease and the various treatment options?

With whom do you want me to share information, and how much?



# Role of the Professional



- Encourage clients/patients to involve loved ones in their health care journey
- Include patient advocates on your care team from the beginning
- Teach the benefits of completing an advance care directive and talking about preferences
- Provide tools and training to empower the effective patient advocate
- Discuss the responsibility of the rest of the family in supporting the patient advocate
- Provide ongoing education about the trajectory of their disease, treatment options and prognosis
- Help them clarify their treatment goals
- What is does quality of life mean to them

**Advocacy** is the process of speaking up for someone else. When you are an advocate, you will do everything you can through their health care journey

pleading or arguing for something, such as a policy, or interest in support of an idea or



# Resources



- Have You Had the Talk! [www.haveyouhadthetalk.com](http://www.haveyouhadthetalk.com)
- The Conversation Project [www.theconversationproject.org](http://www.theconversationproject.org)
- Caring Connections/State Specific Forms [www.caringinfo.org](http://www.caringinfo.org)
- Peace of Mind/Medical & Legal Decisions  
[www.legislature.mi.org](http://www.legislature.mi.org)
- Making Medical Decisions for Someone Else  
[www.americanbar.org](http://www.americanbar.org)
- Understanding Hospice [www.hospicefoundation.org](http://www.hospicefoundation.org)
- National Hospice and Palliative Care Organization  
[www.nhpco.org](http://www.nhpco.org)
- Michigan Department of Health & Human Resources  
[www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)
- Bestow <https://hellobestow.com/blog/end-of-life-planning/>