

Advance care planning allows you to clearly outline your personal choices about treatment options that take into account *your personal values, beliefs, and preferences*. We recognize this can be difficult to talk about. Understanding what is important to you can help guide the conversation and decisions that need to be made. Review the list below and see if these values, or others that are not included, are important to you. Use this as a guide to start the conversation with your loved ones and friends.

The following are important to me:

- Being mentally alert
- Making sure my wishes are known so there are no arguments among my family/friends
- Having my family and friends present
- Spending as much time as I can at home
- Staying independent as long as possible
- Not being a burden to others (*explain what that means to you*)
- Having someone from my faith community pray with me
- Being free from pain (even if that means I will sleep more)
- Not being short of breath
- Being kept clean and comfortable
- Not being put on a machine to keep me alive if I am no longer aware of my surroundings
- Not being fed through a tube if I am no longer able to eat on my own
- Getting all available treatment, even if it will not cure my condition
- _____
- _____
- _____