

Managing Health & Chronic Illness Care Discussion Guide

Who's Your Agent?®

5 Things To Talk About With Your Care Providers =

To make a plan for the best possible care.

INFORMATION TO MAKE CHOICES

- 1. I'd like to understand more about my health or illness and treatment options:
 - Here's my understanding of my illness. What am I missing?
 - What's ahead? What's the likely path of my illness, possible complications & treatment options?
 - I manage my symptoms, pain, medications most days. What are my options to have better days?

MY GOALS

2. I want to discuss my goals and explore the care I want and do not want:

- Let's talk about my condition, care goals & priorities. Here's how things have changed.
- Here's what is most important to me given my values, family, religious and cultural beliefs.
- Here's what frustrates and upsets me; here's what worries me about the future.
- I'd like to prolong my good health and 'quality of life' as long as possible? How do we do that?

MY PLAN

3. Let's discuss my care plan and writing down my choices in planning documents:

- Let's review the plan to get me to my goals. What are your recommendations for next steps?
- I'd like to complete a Health Care Proxy and put it in my medical record. Can you help?
- Can you help me talk to my family/Agent about our plan and what's ahead for me?

KNOW MY CHOICES

4. I'd like to make sure you know my choices and that my medical record is up-to-date:

- At this point in my health, here is the medical care I want and do not want. What are our next steps?
- Let's review my medical record to make sure the documents and notes are up-to-date.
- If I become ill and can not speak to you, how will other doctors access my medical record?

HONOR MY CHOICES

5. I'd like to make sure my care providers honor my choices all through my life:

- In an emergency, what steps can we take to ensure all my doctors will know & honor my choices?
- Can we meet with my family/Agent about talk about everyone's role in honoring my choices?

Managing Health & Chronic Illness Care Discussion Guide are additional questions to go with the basic discussion guide, to talk about your current health and make choices for care. Start with one or more questions that make sense to you, and write down your own questions below to bring to your next appointment.	