

## Serious Advancing Illness Care Discussion Guide

### 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 now and how it's changing. What am I missing?
- What's ahead for me? What are the possible treatment options and choices I will likely face?
- My symptoms, pain and stress of living with my illness are getting harder to manage. Would Palliative Care or other treatment options be helpful?
- I'd like to consider my options and talk with my family. What's our timeline for making decisions?

**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 for me.
- Here's what is most important to me, given my values, family, religious and cultural beliefs.
- Here's what frustrates or scares me; other than my health, here's what concerns me most.
- I'd like to have more good days than bad days. Here's what I'd be able to do on a good day.
- If I want to limit or stop active treatments and be kept comfortable, what would that mean for me?

**MY PLAN**

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

- At this point in my health, here is the medical care I want and do not want. What are our next steps?
- I have a Health Care Agent who knows my care choices; OR, I do not have an Agent-can you help?
- I'd like to talk about my choices regarding CPR and life sustaining treatments given my current condition. Can you tell me about the about the benefits, risks, and likely outcomes given my current condition? I'd like to make choices and write down my choices with you in a MOLST form.
- As my illness progresses, what treatment decisions and possible tradeoffs will I need to consider, including when and if to limit or stop active treatments and receive comfort care.
- At what point may it make sense to consider hospice care? What support & treatment does it offer?
- Can we meet together with my family/Agent to review the plan and possible outcomes?

**KNOW MY CHOICES**

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

- I'd like to review my medical record and your notes to ensure my choices are clear and up-to-date.
- Is my updated Health Care Proxy in my medical record? If not, here's a copy to place in my record.
- I'd like to update/revise my Health Care Proxy, Personal Directive or MOLST form. Can you help?
- Who has access to my medical records to know and honor my choices? Who does not?

**HONOR MY CHOICES**

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

- In an emergency situation, will all the people caring for me be able to honor my choices?
- Can you help me make sure all my care providers can access my medical records?
- Can we meet with my family/Agent to talk about everyone's role in honoring my choices?

**Serious Advancing 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.

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