5 Things to Talk About with Your Care Providers

Choose one or more topics and sample questions that are right for you to make a plan for the best possible care.

1. I’d like to understand more about my health condition and treatments.
   • Here’s what I know about my health. Here’s what I’d like to know from you today.
   • What’s ahead for me? What information would help me to plan for future care?

2. Let’s talk about my goals and explore the care I want and do not want.
   • Here’s how I feel. Here’s how I’d like to feel and what I’d like to be able to do (my goals).
   • Here’s what is important to me - my values, family traditions, care choices and preferences.
   • Here’s what worries or concerns me.
   • These things make it harder to stay well – (travel to appointments; problems with medicines, food, housing; feeling stressed; getting care close to home or at home; being alone).

3. Let’s talk about my care plan and completing my planning documents.
   • What are my treatment options to stay well and get me to my goals?
   • Let’s set some do-able goals in my care plan: here’s what I’m able to do.
   • Knowing my goals and care preferences, what kind of treatments do you recommend?
   • I’d like to complete my planning documents. * Choose one or both:
     □ Health Care Proxy: I want to choose a Health Care Agent; can you help?
     □ Personal Directive: Write down what’s important to me and my instructions for care.

4. I’d like to update my plan to be sure you know my care choices.
   • Let’s review my current health condition; here are my priorities for care.
   • I’d like to update or add a planning document. Can you help?
   • Is my Health Care Proxy in my medical record; do your notes reflect my care choices?

5. I’d like to make sure my care providers can honor my choices.
   • In an emergency or if I can’t speak with you, how can we be sure my plan is followed?
   • I’d like to bring in my family/Health Care Agent to talk about my plan and honoring my choices.
   • I’d like to talk more - can we schedule our next conversation?

Write-in your own questions below to bring to your next appointment.

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*Multilingual Health Care Proxy and Personal Directive are available on the Honoring Choices website.

See the Consumer Conversation Guide Series on our website. Guide 1 helps you start a simple conversation. Guides 2- 4 helps you manage health and chronic illness and live well with serious illness.