

Consumer Guide 3: Living Well with Serious Illness

5 Things to Talk About with Your Care Providers

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

INFORMATION**1. I'd like to understand more about my health condition and treatments.**

- Here's my understanding of my health or illness. Here's what I'd like to know from you today.
- Looking ahead: What's the likely path of my illness and the treatment choices I may face?
- Tell me about Palliative Care and Hospice Care. When might they fit into my care goals?

MY GOALS**2. Let's talk about my goals and explore the care I want and do not want.**

- Here are my priorities for how I'd like to feel and what I'd like to be able to do.
- I'd like to have more good days than hard days. Here's how those days are different.
- Here's what is most important to me- my values, family traditions, care choices and preferences.
- Here's what worries me the most.
- These things make it harder to stay well- (travel to appointments; treatment side effects; cost of care, food, medicines; living situation; feeling stressed; getting care close to or at home; need help).

MY PLAN**3. Let's talk about my care plan and completing my planning documents.**

- What treatments or extra support would help me live each day the best that I can?
- As my illness worsens, what treatment decisions and possible tradeoffs will I face?
- Let's set some do-able goals and make adjustments: here's what I'm able to do.
- Knowing my goals and care preferences, what treatments and support do you recommend?
- I'd like to complete or update my planning documents. * Choose one or more.
 - Health Care Proxy:** Choose a Health Care Agent in a Health Care Proxy.
 - Personal Directive:** Write down what's important to me and my instructions for care.
 - MOLST OR CC/DNR:** Talk about my treatment options given my current condition, and document the treatment I want in a MOLST, Medical Orders for Life Sustaining Treatment form, or a CC/DNR, Comfort Care/Do Not Resuscitate Order. Which form is best for me?

KNOW MY CHOICES
Update My Plan**4. I'd like to update my plan and be sure you know my choices.**

- Let's review my current condition. At this point, here is the medical care I want and do not want.
- If my health worsens and I cannot speak with you, let's discuss and note my choices:
 - For the type of treatments I am willing to go through to possibly gain more time;
 - At what point I'd prefer to stop active treatments and choose comfort care treatments.
- Are my documents in the medical record? Do your notes reflect my current care choices?

HONOR MY CHOICES**5. I'd like to make sure my care providers honor my choices.**

- What steps can we take now to ensure my treatment choices are honored in an emergency?
- I'd like to bring in my family/ Health Care Agent to talk about my plan and honoring my choices.
- What support can you offer my family through this time?
- I'd like to talk more - can we schedule our next conversation?

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

*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.