**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.*

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?

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).

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?

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?

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.*

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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.

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