

Consumer Guide 4: Let's Talk About Palliative Care

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.

INFORMATION

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

- What is palliative care? How does it fit into my regular care?
- What relief can I expect with palliative care in managing my serious illness?
- How can palliative care help my family and caregivers?

MY GOALS

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

- Here's what I'm able to do now; here's what I'm hoping palliative care can help me do.
- Here's what is most important to me - my values, family traditions and care choices.
- Here's what worries me the most.
- These things may make it hard to get palliative care - (travel to appointments; cost of care; my living situation; getting care close to or at home; needing more help).

MY PLAN

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

- How do you add palliative care to my daily care? How is it paid for? Where do I get it?
- Who's on my palliative care team? What's the plan for getting me to my goals?
- What palliative care services do you recommend for me? for my family?
- 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:** Let's talk about my treatment options given my current condition, and document the care I want in a MOLST form, Medical Orders for Life Sustaining Treatment form, or a CC/DNR, Comfort Care/Do Not Resuscitate Order.

KNOW MY CHOICES
Update my Plan

4. I'd like to update my plan and be sure you know my choices.

- At this point in managing my health, here is the care I want and do not want.
- Who will coordinate my palliative care and communicate any changes in my care plan?
- Let's review my medical record and your notes to make sure they reflect my care choices.
- Is my Health Care Proxy, MOLST or other planning documents in my medical record?

HONOR MY CHOICES

5. I'd like to make sure my care providers honor my choices.

- In an emergency, if I can't speak with you, how will I know my choices will be followed?
- Can you help to ensure all care team members can access my documents and records?
- Can we meet with my family/ Health Care Agent to talk about palliative care?

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.