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?

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).

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.