

Advance Care Planning



Wisconsin **Medical** Society

Advance Care Planning & Advance Directive by the Wisconsin Medical Society

What if you had a sudden illness or injury and could not speak for yourself?

Who would you want to speak for you?

What would you want them to know about your health care wishes?

What is advance care planning?

Advance care planning (ACP) is a *process* that helps you:

- Think about your values and goals,
- Reflect on health care choices you may have to make in the future,
- Select a person who can make choices for you if you can't make them yourself, and
- Make a written plan for the future.

What is an advance directive?

It is important to write down your goals, values and preferences. There are many ways to do this. We recommend that you use a document called an *advance directive*. This allows you to choose a person who can make health care decisions for you. This person will *only* make choices if you cannot make them yourself.

Start planning now.

Make an appointment with an ACP facilitator today to start this process. This person will help you have a conversation with your loved ones about what matters the most to you for future medical choices.

For more information:

All adults should plan for future healthcare decisions, and the best time to do this is before a medical crisis occurs. Contact your doctor's office, hospital, or local Advance Care Planning resource to learn more and talk with a facilitator or someone trained to assist in this process.