

ADVANCE CARE PLANNING

healthier



***“It’s not the years in your life that count.
It’s the life in your years.” - Abraham Lincoln***

Advance Care Planning is not just for older adults or people with serious illness. Anyone can face illness and lose the ability to make medical decisions. Individuals can take control of the quality of their life in the future by choosing a person they trust to make decisions if they lose the ability to do so, have a conversation with that person and their loved ones about what matters most.

To help you and your loved ones, Hawai'i Pacific Health offers the support of its skilled Advance Care Planning Team. We are a specially trained group of willing, competent, patient-centered clinicians that take the time when those decisions need to be made and ask the questions needed to make informed, patient-centered decisions. That is what makes the difference.

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HAWAI'I PACIFIC HEALTH

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Advance Care Planning

“Doing your best at this moment puts you in the best place for the next moment.”

What is Advance Care Planning?

Advance care planning is about health care team members meeting with you and your family to discuss what kind of care you would and would not want if you became very sick. Advance care planning is care customized to reflect your personal preferences and health needs, as well as meet your social, cultural and religious requirements.

How will Advance Care Planning help?

Advance Care Planning is tailored to the needs of each patient and his or her family. We recognize that your goals of care and quality of life may change over time. Patients who talk to their families and physicians about their preferences:

- **have less fear and anxiety**
- **feel they had more ability to influence and direct their medical care**
- **believe that their physicians have a better understanding of their wishes**
- **report strengthened relationships with family and friends**

When is the right time for Advance Care Planning?

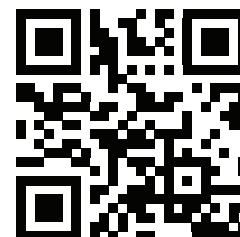
Advance care planning is best introduced early in your care and is an ongoing process of respecting the choices that you make for yourself.

How can I start my Advance Care Planning?

Understanding your wishes can provide comfort and peace of mind for you and your loved ones and it is up to you to take the initiative and start these conversations. If you would like more information about advance care planning please contact Medical Social Services and/or discuss with your primary care physician. You may also register for advance care planning classes online at HawaiiPacificHealth.org/ACP-Registration or call 808-643-HOPE and select Option 2 to speak with a navigator at the specific facility for more information.

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