



What is Advance Care Planning?

Advance Care Planning is the process of understanding, discussing, and planning for a time when you cannot make your own medical decisions. This typically involves learning about treatment options, thinking about your own wishes and values, talking about your decisions with your loved ones and your physician, and documenting your wishes, before a crisis occurs. Advance Care Planning is care customized to reflect your personal preferences and health needs, as well as meet your social, cultural, and religious requirements.

ADVANCE CARE PLANNING





"It's not the years in your life that count. It's the life in your years."

- Abraham Lincoln

Being hospitalized with an advanced illness can be difficult and confusing. You and your family may have questions about your illness and the choices you must make. To help you and your loved ones during this crucial time, 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.

ADVANCE CARE PLANNING

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

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 helps you through all stages of illness. It 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, but it is up to you to take the initiative and start the conversations about your wishes. If you would like more information about advance care planning, or to schedule an appointment with an Advance Care Planning Facilitator please contact your physician, nurse or social worker during your hospital stay.

