

ADVANCE CARE PLANNING

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Talk to the people who matter most about the care you want. The more you speak up, the better your health care can be.

What is Advance Care Planning?

Advance care planning is how you share your values, wishes and beliefs about the care you want to receive if you become terribly sick. Talking and writing down what matters to you with family and friends provides them with peace of mind that they will make the right decision for you.

Here are some ways to prepare for a conversation about creating your advance care planning:

- Have less fear and anxiety.
- Who should speak on your behalf if you are unable to speak?
- Does this person know what kind of care you want or do not want if seriously ill?
- What matters most to you about end-of-life care?

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CREATING A HEALTHIER HAWAI'I

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**Tell your doctors what matters most to you.
You can get the care that is right for you.**

How will Advance Care Planning help?

Advance Care Planning is tailored to your needs. Your goals of care and quality of life may change over time. People who discuss their plans with their families and doctors about their preferences:

- Have less fear and anxiety.
- Feel they had more ability to influence and direct their medical care.
- Believe that their doctors 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 not just for older adults or people with serious illnesses. Advance care planning is best introduced early in your care and is an ongoing process of respecting the choices that you make for yourself.

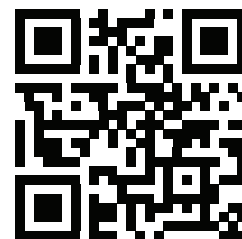
How can I start my Advance Care Planning?

Understanding your wishes can provide comfort and peace of mind for you and your loved ones. At Hawaii Pacific Health, our team can help you make the decisions that are right for you. Here are ways you can get started with advance care planning:

- Speak with your provider.
- Start talking about what you want.
- Sign up for advance care planning class and invite your family to attend with you.

You may also register for advance care planning classes online using this link, HawaiiPacificHealth.org/ACP-Registration or scan the QR code on the right.

Advance care plans can change at any time. Be sure to share any advance care planning forms such as an advance directive with your loved ones and health care team.



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