

Conversations... *because you care*

Advance Care Planning

WHAT IF you were...

- ✧ A parent critically injured in an auto accident?
- ✧ A student athlete suffering from a brain injury?
- ✧ A young mother unable to speak due to a stroke?
- ✧ A middle-aged man with complications from surgery?
- ✧ A grandparent developing dementia?
- ✧ A person with an incurable disease?

What would be your **CHOICES** for care?

Depending upon your age, general health, family situation, goals and values, your wishes regarding various types of medical treatment – or the use of life-sustaining measures – would vary dramatically at each stage of your life. What would you choose to be done if you became critically ill tomorrow?

Will you **TALK** to your family about your feelings?

Only 15% of hospitalized patients in the Toledo area have advance directives in their medical records. If you became so ill you were unable to express yourself – even temporarily – would your family be able to advise the medical team caring for you?

Is your family prepared to **RESPECT** your choices?

Would they have up-to-date information about your wishes and rationale? Or would they be confused, uneasy or in disagreement over decisions they must make on your behalf?



*You must **TALK** to your family about your **CHOICES** for medical care so they and your health care providers can **RESPECT** your wishes in the event you are unable to speak for yourself!*

THIS IS CALLED **Advance Care Planning**

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Adults at every stage of life should make their feelings known about certain health care decisions so their families and medical providers know how to respond.

Advance Care Planning:

- ✧ **Makes your wishes known** in the event you cannot express them.
- ✧ **Assures your family understands** your choices — before a crisis occurs.
- ✧ **Provides a written document** that further supports and clarifies your wishes to medical professionals.
- ✧ **Empowers your family and medical providers** to make treatment decisions that respect your feelings and values.

The Advance Care Planning Coalition of Greater Toledo will provide the information you need to do your own Advance Care Planning. We will tell you, free of charge, how to:

- ✧ Initiate family conversations;
- ✧ Get forms;
- ✧ Fill out a Health Care Power of Attorney;
- ✧ Determine if you need a document;
- ✧ Have someone come speak to your group about Advance Care Planning.

Call The Advance Care Planning Hotline!
419-725-0523



Advance Care Planning
COALITION OF GREATER TOLEDO

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