

Memorial EAP Advance Care Planning

Your choice. Your voice. You can have a say in your healthcare treatment.

What matters to you?

At any age, a medical crisis could leave you too ill to make your own healthcare decisions. Even if you're not sick now, planning for the future is an important step toward making sure you get the medical care that you would want if you are unable to speak for yourself.

Advance care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time and then letting others—both your family and healthcare providers—know about your preferences.

Conversations clarify

We can't plan for everything. But we can help manage life's unknowns by talking openly about what matters to us and what we'd want most if we became seriously ill. Conversations about things we can't control can actually help to give us a sense of control.

The Memorial EAP Advance Care Planning team can guide you and your loved ones in creating a plan for future medical care that represents your values and what is important to you—at no cost. This includes:

- Choosing treatment options you would want or now want should you be diagnosed with a serious illness
- Sharing your values and wishes with loved ones
- Selecting a healthcare agent and understanding life-sustaining treatments
- Putting your plan in writing

We also offer complimentary services to aid in reviewing and updating your preferences or advance directives.

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217-788-9345



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Things to think about

Is advance care planning right for me? Yes, advance care planning is right for all adults. If you are 18 years or older, you should plan ahead for an unexpected event or illness.

When should I start my advance care plan? Anytime is good, but now is the best time.

How often should I review my plan? Whenever things change. A good rule of thumb is to check your plan anytime you have a major life change. You may also want to review it once a year to make sure it still meets your needs.

Options

- Individual, family or small group advance care planning appointments
- In person, telehealth or over the phone

It's about today...no matter what happens tomorrow.

Advance care planning usually involves five steps:

- 1 Thinking about your goals, values and preferences for healthcare
- 2 Talking about your health and wishes with your providers and loved ones
- 3 Choosing a person whom you trust to be your voice and to make your healthcare choices if you are unable
- 4 Writing down your wishes in your advance care plan or directive
- 5 Sharing your plan with important people and keeping it up-to-date

Even though we provide information and forms to make it easy for you to participate in advance care planning, your employer will never track or request what you put on a healthcare directive.



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