

As a capable adult, you have many rights when you receive health care. You have the right to be told about your medical choices and their benefits and risks. You also have the right to accept or refuse these choices. Whatever you decide, it is important to talk about your decisions with your physician, other health professionals and those close to you. You also may put your plans for future medical care in writing, in case you become unable to make your own decisions.

### **ADVANCE CARE PLANNING**

Advance care planning is a process for you to understand possible future health choices; reflect on these choices in light of the values and goals important to you; discuss your choices with those close to you and the health professionals who care for you; and make a plan for future health care situations.

### **START PLANNING NOW**

This process may only take a short period of time or it may take many months. What is most important is that you begin now and take the time you need to understand, reflect, discuss and make a plan that will work best for you and those closest to you.

### **ADVANCE DIRECTIVES**

An advance directive is the plan you make for future health care. In this plan, you may simply provide instructions about the choices you would prefer for future health care, or you may appoint another person or persons to make your health care decisions if you were unable to make them yourself.

Your advance directive may be a formal, legal document, or you may choose to communicate your choices more informally in a letter or by having a conversation. In many circumstances, a formal, legal document that clearly reflects your goals and values may be the best way to ensure that your choices can be followed.

### **EMERGENCY CARE**

Your medical records (including any written advance directive) may not be instantly available in a medical crisis. In the event that medical staff are unclear about your advance directive or do not have it, they will begin emergency care that may sustain your life. Treatment can be stopped if it is clear later that the treatment is not what you wanted.

We assume you want cardiopulmonary resuscitation (CPR) attempted in the event that your heart or breathing stops. We also assume that CPR should be attempted during any type of invasive or risky procedure or test even if you have said that CPR is not desired. If you do not want CPR attempted, either in or outside a health care facility, please review your options for documenting your choices with your health care professionals.

FOR MORE INFORMATION



Quality & Integrated Care Department  
920-568-5279 or 1-800-421-4677, ext. 5279

**Honoring Choices Wisconsin**

[www.honoringchoiceswisconsin.org](http://www.honoringchoiceswisconsin.org)

*Copyright 2000-2011. All rights reserved.  
Gundersen Lutheran Medical Foundation, Inc.  
Used under license from  
Gundersen Lutheran Medical Foundation, Inc.*