

Template: Talking Guide for Advance Care Directive

Having open conversations is the best way to ensure your wishes are understood and respected. Use these prompts to help you talk to your doctor and your loved ones.

Talking to Your Doctor

Schedule a specific appointment to discuss your Advance Care Directive so you have enough time.

How to start the conversation:

- *"I'm planning for my future health care and I want to complete an Advance Care Directive. Can we talk about it?"*
- *"I've been thinking about what treatments I would or would not want in the future, and I'd like your medical advice to help me make informed decisions."*

Key questions to ask your doctor:

- *"Based on my current health, what kinds of decisions might I face in the future?"*
- *"Can you explain the benefits and burdens of treatments like CPR or ventilation in a situation like mine?"*
- *"What does palliative care involve and when would it typically begin?"*
- *"Would you be willing to be a witness on my Advance Care Directive form?"*

Talking to Your Family and Enduring Guardian

Choose a calm, private time when you won't be rushed. Explain that you are doing this because you care about them and want to make things easier in the future.

How to start the conversation:

- *"I want to talk about something important. I'm making a plan for my future healthcare to make sure my wishes are known. It's called an Advance Care Directive."*
- *"Because you are so important to me, I want you to understand my wishes for my future medical care, so you don't have to guess what I would want."*

Key things to explain to them:

- **Share your values:** Use your "Values and Wishes Worksheet" to help you explain what gives your life quality and meaning.
- **Explain your treatment choices:** Talk them through your decisions about life support and resuscitation. Explain why you have made these choices.
- **Confirm their role:** (Especially for your Enduring Guardian) *"I have named you as my Enduring Guardian, and this document will guide you. Are you comfortable advocating for these wishes on my behalf, even if it might be difficult?"*
- **Listen to their thoughts:** They may have questions or feel emotional. Give them time to understand and ask questions. The goal is shared understanding.

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