CALMER Goals of Care – A Discussion Guide
Adapted from VitalTalk. Visit www.vitaltalk.org for the most up to date version of the COVID-19 guide.

Check in
- Take a deep breath (yourself!)
- “How are you doing with all this?” (Take their emotional temperature.)

Ask about COVID
- “What have you been thinking about COVID and your situation?”
  - e.g., living in a nursing home, your Mom living in a nursing home
- (Just listen)

Lay out issues
- “Here is something I want us to be prepared for...”
- “You mentioned COVID. I agree.”
- “Is there anything you want us to know if you/your loved one got COVID OR if you/your loved one’s COVID gets really bad?”

Motivate them to choose a proxy and talk about goals of care
- “If things took a turn for the worse, what you say now can help your family / loved ones”
- “Who is your backup person—who helps us make decisions if you can’t speak? Who else?” (Having 2 backup people is best)
  - AKA Health Care Agent / Power of Attorney for Health Care
- “We’re in an extraordinary situation. Given that, what matters to you?”
  - (About any part of your life? About your health care?)
- “What is your treatment goal?” (Explain goals of care)

Expect emotion
- Watch for this – acknowledge at any point
- “This can be hard to think about.”

Record the discussion in the medical record
- Any documentation – even brief — will help other health care providers and your resident.
- “I’ll write what you said in the chart. It’s really helpful, thank you.”