**Suggested Language to Introduce Advance Care Planning to Staff, Residents and Families**

During this challenging time it may seem like there are many things out of your control. However, there are actions you can take to be prepared – both for yourself and the people you care about. This guide will help you think about what you would want if you became seriously ill and write down your thoughts to clearly share your wishes with your loved ones and health care providers.

Advance Care Planning is the process of thinking about and talking about your wishes for healthcare, especially if you are unable to speak for yourself. It is sharing what matters most to you with the people that matter most to you.

Everyone should be prepared for an unexpected serious illness. The COVID-19 pandemic has only increased the importance of Advance Care Planning for all people, especially people who are older and/or have chronic health conditions.

**Three Actions You Can Take Right Now:**

1. **THINK. Consider what you would want if you became serious ill.**
   
   Making decisions about your health care wishes (such as whether you want CPR or not) can be difficult to make in the best of times. Decisions about going to the hospital, including life support measures in the Intensive Care Unit (ICU), become even harder when we think about serious illness, especially COVID-19. It is important to reflect on past experiences and your personal, cultural, and religious beliefs as they often influence medical decisions and these values should be clearly documented and respected by your care team.

2. **ACT. Review or complete your Advance Directive documents.**
   
   Your wishes for health care might change over time and for many different reasons. Review your Advance Directive documents with your loved ones to see if you want to make any changes or updates. If you have not yet completed your Advance Directive documents, including naming your Power of Attorney for Health Care, do it today. For more information about advance care planning or for help creating an Advance Directive, contact your health care provider or Let’s Talk, Fox Valley at (920) 997-8412.

3. **Talk about what matters most to you.**
   
   Talk with your loved ones about what matters to you. Then, talk to your doctor and your health care team. Call your primary care provider or specialists to set up an appointment or telehealth visit to talk about your wishes. Knowing what matters to you helps your care team provide the care that is right for you. Work with your loved ones and care team to discuss your questions and concerns.