



Advance Care Planning

Helping patients prepare for their health care both today and beyond is part of our job as health care providers and staff. Talking with them about Advance Care Planning – decision making around their future medical care – is an important part of that health care preparation.

Here at Cone Health, we have lots of great resources to help patients navigate the Advance Care Planning process. We'll walk them through asking questions, meeting with appropriate parties and getting the right documents in place to ensure their wishes are captured.

All we need from you is help **starting the conversation** and planting the seed!

Some of the benefits patients who have Advance Care Planning directives in place experience include:

- The ability to make more informed health care decisions (that they can express or a family member or caretaker can express on their behalf)
- The delivery of high-quality care
- More effective utilization of health care services
- Improved quality of care and outcomes
- Greater patient satisfaction
- Reduced cost of end-of-life care without increasing mortality

We know these conversations can feel a little uncomfortable to bring up with patients, so here are some prompts to get you going:

"I'd like to talk with you about something I try to discuss with all my patients. It's called Advance Care Planning. Is that a term you're familiar with?"

"Have you thought about the kind of medical care you'd want to have – or avoid – if you ever became unable to speak for yourself? Advance Care Planning is a way to make sure your medical wishes are known by your family and me, your provider, and here at Cone Health we have some great resources to walk you through the process. Would you like me to share those resources with you?"

"Advance Care Planning is something we haven't talked about before, but I wanted to be sure to bring it up with you today. Essentially, it's a formalized way to capture your medical wishes so that if you ever get to the point where you're not able to communicate them for yourself, you'll receive the care you want."