

## RESPONSE FORM

- I would like more information about Advance Directives (AD)

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_  
\_\_\_\_\_

City/State/Zip: \_\_\_\_\_  
\_\_\_\_\_

Contact #: \_\_\_\_\_

Email: \_\_\_\_\_

- I would like to complete my AD.
- I have an AD but would like to review it with someone.
- I would like further information.
- I would like to schedule a presentation about Advance Care Planning.

I would like to make a gift to support Honoring Choices® Indiana – North Central.

- Gift of \$ \_\_\_\_\_
- Check enclosed
- I would like to learn about other ways to get involved



Through their generous support of Honoring Choices® Indiana – North Central these health care systems/ providers have made a difference in our community and the lives of people contemplating the kind of care they want at the end of their lives. They are helping us educate our community about the importance of discussing and documenting those wishes with a legally recognized advance directive.

We thank them for their vision and commitment.



Goshen Health



*Honoring Choices® Indiana – North Central is a 501(c)(3) organization dedicated to promoting and sustaining advance care planning (ACP) to ensure that individuals' future health care preferences are discussed, documented and honored. We do not charge for our services but rely on donations to support our work.*



To learn more or schedule an appointment with a certified Advance Care Planning facilitator, contact the Honoring Choices® Indiana – North Central Coordinator at:

501 Comfort Place • Mishawaka, IN 46545  
email: [info@hci-nc.org](mailto:info@hci-nc.org)  
phone: 574.243.2058

# Are You PREPARED?

## START

with a conversation

## END

with a plan.



Taking these five steps will help ensure that your medical wishes are honored in the event that you are unable to speak for yourself. Honoring Choices® Indiana – North Central is here to help you with the process, every step of the way.



# STEP 1

## Decide What Matters Most to You

Knowing what matters most in your life can guide you through your decisions. Is it your family? Your friends? Your faith? Once you've reflected on that, the answers to the next 3 questions will help you decide.

1. How have any previous experiences with death or serious illness impacted you?
2. How would you describe quality of life (finding meaning beyond physical existence)? This varies from person to person. For some people, the chance to live longer is most important. Others prefer quality over quantity.
3. What would be most important to you if you were seriously ill or injured?
  - a. To live as long as possible, regardless of the quality of life,
  - b. To give treatments a try but stop them if they impact your quality of life,
  - c. To focus on quality of life even if it means a shorter life.

# STEP 2

## Choose Your Health Care Representative

Your health care representative is the person who will make health care decisions for you if you can't. Choose

someone you trust to act on your behalf. Their responsibilities will be:

- Ask health care providers questions
- Respect your wishes

Even if you don't have someone in mind, you can continue with the rest of the steps. It can be difficult to start this type of conversation. You may want to start by acknowledging it's hard to talk about death and dying but that you don't want your loved ones to be stressed if something happens to you. Then you can say, **"If I get sick or have some other type of situation and cannot make my own decisions, would you work with my doctors to make medical decisions for me?"**

# STEP 3

## Choose the Level of Flexibility for Your Representative

What would you want your representative to do if another medical choice is better for you? Determining the level of flexibility in advance gives your representative guidance for those types of situations.

- **Fully Flexible** – you give your representative approval to change your prior decisions if something else is better.
- **Partially Flexible** – you give your representative the ability to change some decisions, but others can't be changed.
- **Not Flexible** – your decisions are to be followed exactly.

# STEP 4

## Communicate Your Plan

- Tell those closest to you about your plan and complete an advance directives document.
- Tell your health care representative and physicians that these are your choices for your medical care.
- Tell your physician, family and friends who you've chosen as your health care representative and the level of flexibility they have in making decisions for you.

# STEP 5

## Understand Your Health Condition(s)

Understanding your health and your options is an important part of planning for the future.

- Write down any questions you have before visiting your physician.
- Let your physician know at the start of your visit that you have questions.
- Bring someone with you to write down your physician's answers.

When something is recommended be sure to ask:

- What are the benefits?
- What are the risks?
- Are there other options?
- What will life be like after treatment?

You can confirm that you understand by saying, **"I heard you say... Is that right?"**



Honoring Choices® Indiana – North Central is a not-for-profit organization whose mission is to proactively engage the people of our community in conversations with loved ones and medical caregivers about their goals for quality of life and Advance Care Planning.



The partners that comprise Honoring Choices® Indiana – North Central include hospitals, health systems, community groups, employers, educators, social service organizations and faith communities. Their vision is that everyone in our service area receives care that honors personal values and goals in catastrophic or end-of-life care. The area served by Honoring Choices® Indiana – North Central includes Elkhart, Marshall, and St. Joseph counties. Its role is to provide education, tools and resources to assist people with Advance Care Planning.

Throughout the three-county service area there are certified facilitators who are available to educate, and facilitate discussion and guidance to individuals and families who wish to develop an advance care plan, complete advance directives and designate a health care representative.

**For more information you may contact the Honoring Choices Coordinator at:**

**Honoring Choices® Indiana - North Central**  
**501 Comfort Place**  
**Mishawaka, IN 46545**  
**Phone: 574-243-2058**