

Advanced Care Planning

“It always seems too early, until it’s to late.”

Are you prepared?

Have you ever considered Advanced Care Planning (ACP)? ACP is a process that offers you the opportunity to make your healthcare wishes known. Meeting with a certified facilitator is very important and your meeting will include:

- Meet with a Certified Facilitator
- Discuss your values and beliefs, quality of life and wishes for future healthcare
- Create a written plan for future healthcare
- Select a well-informed healthcare agent
- Share your written plan with healthcare

Things to think about

We are here to help! Review the questions below, make notes and then call Beth Poci, (563) 264-9413 to schedule an appointment with an ACP Facilitator. Asistencia en Española está disponible en senior resources llame, (563) 263-7292.

Who could be my healthcare agent?

If you were unable to make your own healthcare decisions, is there someone whom you trust to make your decisions?

What does my healthcare agent need to know?

On a scale of 1 (Do what the doctor thinks is best) to 5 (I want to have a say in all decisions), where do you fall?

1 2 3 4 5

What comforts me?

Are there any cultural, religious or spiritual beliefs that bring you comfort or might help you choose the care you do or do not want?

What do I value the most?

What’s most important to you as you consider your final days? What do you value most (Example: ability to recognize family and friends, being care for in a hospital, opportunity to say good-bye and I love you)?

Am I worried?

Are you worried about getting too much or too little care?

Am I ready to go?

On a scale of 1 (Let me go) to 5 (don’t give up on me, no matter what, try anything and everything to keep me alive,) where do you fall?

1 2 3 4 5

Where do I want to be?

If there were a choice, where would you prefer to spend your final days? Please circle your preference below.

Healthcare Facility Home

How to get help with ACP:

Call Beth Poci at (563) 264-9413 to schedule your appointment today. Para asistencia en Española llame Senior Resources (563) 263-7292.

Questions and answers

Questions for my doctor:

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