

## RESOURCES:

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Honoring Your Wishes™

<http://iowacityhospice.org/honoring-your-wishes/>

Respecting Choices™

<http://www.gundersenhealth.org/respecting-choices/>

Conversations of a Lifetime™

<http://conversationsofalifetime.org>

IPOST

<http://www.idph.iowa.gov/ipost>

The Iowa State Bar Association

<http://www.iowabar.org>

National Healthcare Decisions Day

<http://www.nhdd.org/>

The Conversation Project

<http://theconversationproject.org/>



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# ADVANCE CARE PLANNING

## **Muscatine Community Health**

**Association** is committed to serving as a positive and responsive community forum to identify, encourage, assist, advocate, educate, initiate and facilitate discussion of health related needs, issues, concerns and solutions that make the greater Muscatine area the healthiest community possible.

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## WHAT IS ADVANCE CARE PLANNING (ACP)?

ACP is a process that offers you the opportunity to make your health care wishes known.

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

The Muscatine County Advance Care Planning Initiative provides Certified Facilitators who are available to assist with Advance Care Planning at NO CHARGE.

For additional information:

<http://www.unitypoint.org/quadcities/muscatine-county-advance-care-planning-initiative.aspx>

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## WHAT ARE HEALTH CARE PLANNING DOCUMENTS?

### ADVANCE DIRECTIVE.

- ◆ Written document expressing wishes for health care
- ◆ Examples: Advance Care Plan, Health Care Power of Attorney, Living Will

### ADVANCE CARE PLAN.

- ◆ Health care focused written plan
- ◆ Well-reflected, meaningful, clearly documented treatment preferences
- ◆ Establish a qualified health care surrogate decision-maker

### HEALTH CARE POWER OF ATTORNEY.

- ◆ Designates a health care agent to act on your behalf when you are unable to make your own decisions

### IOWA PHYSICIAN ORDERS FOR SCOPE OF TREATMENT (IPOST).

- ◆ Signed medical order for wanted and unwanted medical treatment
- ◆ Suited for people, of any age, who are nearing the end of life
- ◆ Actionable order across the health care continuum

### LIVING WILL.

- ◆ General statement
- ◆ Person in a terminal condition, with little chance of recovery, does not want heroic measures/ life-sustaining procedures that simply prolong the dying process

## WHAT ARE ESTATE PLANNING DOCUMENTS?

### WILLS AND TRUSTS.

- ◆ Direct asset distribution after a person's death
- ◆ Designate a person to manage these tasks
- ◆ May include direction for guardianship of minor children

### DURABLE POWER OF ATTORNEY.

- ◆ Designate a person to deal with property and financial matters when an individual is unable to manage his/her own affairs
- ◆ Incapacity is usually determined by a physician
- ◆ Without a durable power of attorney in place, the District Court may have to appoint a conservator

*\*This is not an exhaustive explanation of these documents. Please see the reverse for additional resources.*