

# LIFE CARE planning

my values, my choices, my care



We make choices on a daily basis—choices about where we want to live and work, our families, our lives. Perhaps two of the most important health care choices facing adults are:

- Who would speak on your behalf if you were unable?

## And

- What you would want them to say?

To help you make these choices, Kaiser Permanente now offers Life Care Planning services. Life Care Planning is a process of communication, guided by a certified Life Care Planning Facilitator.

- The Facilitator will engage in a structured conversation with you and your chosen health care agent (decision maker).
- In the conversation you will explore your values, beliefs, and experiences.
- This will help you and your agent establish a shared understanding of your health care goals and your wishes for future care.

## A Staged Approach to Advance Care Planning

Kaiser Permanente's Life Care Planning service supports our adult members in planning for future health care needs. As our lives change so do our goals and plans. We use a staged approach to advance care planning, where conversations begin when people are well and continue throughout life.

**My Values: First Steps** is appropriate for all adults. The goals include:

- Choosing a health care agent (decision maker)
- Identifying and sharing your values, choices, and goals for future health care and treatment
- Completing a written plan

**My Choices: Next Steps** is for people with chronic, progressive illness who have begun to experience a functional decline or more frequent hospitalizations. The goals include:

- Helping you and your agent discuss your understanding of your illness and potential complications
- Exploring your experiences of being in the hospital
- Helping you understand how your values and beliefs relate to your future health care choices

- Helping your agent understand your values and beliefs
- Helping prepare your health care agent to speak on your behalf if you become unable to do so

**My Care: Advanced Steps** is intended for the frail, the elderly, or those with advanced illness. The goals include:

- Helping you and your agent discuss your values and beliefs
- Exploring your experiences and goals for care
- Helping you and your agent understand your care options
- Helping prepare your health care agent to speak on your behalf if you become unable to do so
- Helping you and your agent make specific and timely decisions about life-sustaining treatment options that can be converted to medical orders
- Providing health care providers with a written plan to guide them to treatment options consistent with your care goals, both in and out of the hospital

## Now Is the Right Time to Begin Planning for Your Future Health Care

To learn more about Life Care Planning and view a schedule of upcoming classes visit our website at [kp.org/lifecareplan](http://kp.org/lifecareplan)