



Make Your Health Care Choices Known



advance care planning

Advance care planning is telling others about your future health care choices if you cannot tell them yourself.

A health care directive is a written document of your health care wishes, goals and values. You name health care agent(s) who will speak on your behalf.

A POLST (provider order for life-sustaining treatment) is an order signed by your health care provider. It details your treatment goals, end-of-life preferences and goals for hospital stays.

Advance Care Planning

Advance care planning is the process of giving information to others about your health care choices in case illness or injury prevents you from telling them yourself. Everyone should make these arrangements, not just people who have heart defects.

Talk with members of your care circle (family, friends or others close to you) about your health care choices. This is a time for you to share:

- what kind of care and treatment you do or do not want
- your wishes, goals and values and how they relate to your health care choices for the future.

Health Care Directive

A health care directive is a written document of your health care choices. Members of your care circle and health care providers use this to interpret and understand your wishes, goals and values for future health care needs if you cannot tell them yourself.

You do not need an attorney to fill out a health care directive. You can change your health care directive any time.



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The Children's
Heart Clinic

It is important to ask someone to make health care decisions for you if you cannot make them on your own. This person is called a health care agent. He or she should be:

- 18 years old
- willing, able and available to know and understand your wishes, goals and values
- able to make decisions under stress or crisis.

Your health care directive can include:

- a health care agent(s) to make health care decisions for you
- your health care choices based on your wishes, goals and values:
 - CPR (for restarting your heart and lungs if they stop)
 - ventilator or respirator (for help to breathe)
 - feeding tube (for nutrition)
 - organ donation
 - autopsy
- where you want to receive care
- funeral arrangements.

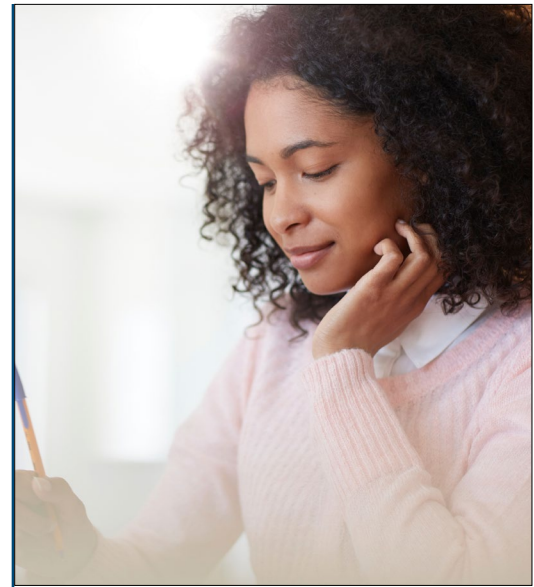
Keep your original health care directive in a spot where someone could find it. Give copies to your health care agent(s), health care provider(s) and members of your care circle.

POLST (Provider Order for Life-Sustaining Treatment)

Your health care provider uses POLST to write medical orders indicating your health care wishes. This form is intended to:

- help you and your doctor talk about and develop plans to reflect your wishes
- help doctors, nurses, health care facilities and emergency personnel to honor and carry out your wishes for life-sustaining treatment.

A health care directive is recommended even if you have a POLST.



Take Action

Allina Health offers free 75-minute classes to help you fill out a health care directive.

The instructor will guide you through the process and notarize your document. She will help you with the final step of getting it into your electronic medical record. Call 612-262-2224 to get scheduled.

Go to allinahealth.org/acp to see a list of classes, download a health care directive or create a secure online health care directive.

