

Advance Care Planning Information



Advance Care Planning

Advance Care Planning is a process of reflection and communication. It is about taking into consideration your cultural, religious, spiritual and personal beliefs as you determine what health care treatments you would or would not want to receive and completing a Health Care Directive (HCD). This is used when you have a sudden event (such as a car accident) or chronic condition and are unable to make your own medical decision and speak for yourself.

Health Care Agent

A health care agent is the person you choose to make your health care decision when you are unable to communicate and make your preferences known. It is important for you to talk to and share your wishes with your family, loved ones, health care providers and your health care agent.

Health Care Directive

A Health Care Directive is a legal document that states your health care preferences in writing. It will outline your values and preferences for future medical care. ***The wishes that you include in your Health Care Directive will make your choices known when you are unable to communicate or make decisions.*** The goal of Advance Care Planning (ACP) is to make your wishes known in your ***Written Gift***.

Beginning to Plan

Begin by identifying what is most important to you. Talk with those who can assist you to understand and reflect on how your goals, values and beliefs impact your preferences for future health care. Talk to your loved ones about your choices; don't presume they know. The process of Advance Care Planning includes and requires having conversations.

Choosing a Health Care Agent

This is a vital component to ACP. The health care agent will be your voice and make your health care decisions. Consider these things when selecting your health care agent:

- Do I trust this person to carry out my wishes?
- Will this person honor and implement my preferences, even if they do not agree with them?
- Can this person make decisions in stressful situations?
- Will this person honor my choices in the face of adversity?

Writing your Health Care Directive

Health Care Directives in Minnesota must meet these legal requirements:

- You must be at least 18 years old, and able to understand and communicate your wishes.
- Your directive must be in writing, state your full name, be signed by you and dated.
- Your directive must list one or both of the following: A named health care agent, and health care or treatment instructions.
- In Minnesota, your signature on your directive must be witnessed by two adults or a notary public. (Neither of the two adults can be your agent. Only one of the adults can work for your health care organization.)

When will my Health Care Directive be used?

Your Health Care Directive will be used when you have been determined incapable to make your own healthcare decisions.

Will my Health Care Directive be valid in other states?

States have their own legal requirements for Health Care Directives. Many states will honor a Health Care Directive drafted in another state. Take a copy of your Health Care Directive with you when you travel. If you spend a significant part of the year in another state, become familiar with their legal requirements.

Where can I obtain a Health Care Directive document?

- The Written Gift – Community led Advance Care Planning Non-Profit
- Visit our Website: www.thewrittengift.com
- Emailing a request to thewrittengift@charter.net or by phone at [320-759-4243](tel:320-759-4243).
- Your health care provider
- Honoring Choices, MN- HonoringChoices.org
- Honoring Choices Minnesota at 612-362-3704

Who can assist me with completing a Health Care Directive?

For those who wish to have assistance completing a Health Care Directive, [The Written Gift](#), has available trained and certified Advance Care Planning Facilitators. They will facilitate person-centered conversations to help you identify your goals, values and beliefs. The goal is a completed Health Care Directive. If you do not wish to utilize a Facilitator, you can complete a Health Care Directive on your own.

Who should receive a copy of my Health Care Directive?

You should give a copy of your Health Care Directive to:

- Your Health Care Agent.
- Those who are most involved in your health care.
- Primary health care providers: physicians, clinics.
- Hospital - by your primary residence.
- If you reside in another state during part of the year, the clinic, hospital and physicians in that state.

You are to keep the original copy of your Health Care Directive. Store this in a secure, but accessible place.

Advance Care Planning Resources

- **The Written Gift** - to meet with a Certified Advance Care Planning Facilitator by sending an email request to thewrittengift@charter.net or by phone at [320-759-4243](tel:320-759-4243).
- Honoring Choices - Minnesota at HonoringChoices.org.
- Light the Legacy. Honoring Choices – Minnesota

The Written Gift - PO Box 605 -Alexandria, MN 56308 – www.thewrittengift.com