

# Confident Conversations: Discussing End-of- Life Health Care Issues

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Why is this important?

How is being confident in this conversation a gift?

# Advanced Care Planning for Health Care Decisions

- When to begin planning
- How to begin the conversation



# What is an Advanced Directive?

- It is a legal document explaining your choices for medical services if you cannot make the decision yourself
- Different types of Advanced Directives:
  - Living Will
  - Durable Power of Attorney for Health Care Decisions
  - TPOPP/POLST



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## **Life-sustaining Treatment Decisions**

- Intubation
- Chest Compressions
- IV Hydration & Nutrition
- DNR vs. AND (Allow Natural Death)
- Stopping Treatment (dialysis, chemo)



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## **How can the lack of this information impact the family?**

- Indecision & avoidance
- Prolong symptoms
- Miss out on meaningful moments
- Family conflict
- Financial burden
- Increased fear and anxiety





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## **Resources to help with having confident conversations:**

- Caring Conversations  
[www.practicalbioethics.org/featured-resources/caring-conversations/](http://www.practicalbioethics.org/featured-resources/caring-conversations/)
- Five Wishes [www.fivewishes.org](http://www.fivewishes.org)
- Transportable Physician Orders for Patient Preferences (TPOPP/POLST)  
[www.practicalbioethics.org/programs](http://www.practicalbioethics.org/programs)
- Advanced Directive Form  
[www.caringinfo.org/planning/advance-directives/by-state/](http://www.caringinfo.org/planning/advance-directives/by-state/)



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## **Pre-planning Funeral Arrangements**

- Pre-pay services
- Type of service desired
- Organ donor
- Donation for medical Research
- Obituary





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## **Confident Conversations are Important Gifts**

- Makes your wishes or your loved ones wishes know
- Reduces conflict
- Leaves room for what matters most

# Questions?

## Additional Resources and Presentation

[KCHospice.org/confidentconversations](https://KCHospice.org/confidentconversations)

