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A healthcare provider perspective in overcoming the psychological and emotional barriers of advance care planning: The need to normalize the conversation

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I WANT YOU



To make

YOUR

healthcare choices

Advance Care Directives

- Are documents that declares **your** desires for the handling of **your** healthcare **when you have become unable to communicate** your wishes
- They provide a framework of **your** wishes to **your** family, loved ones, and physicians about **your** decisions for **your** medical care that highlight **your personal values**
- Remember, there is **NO** law in Vermont that automatically allows your loved ones or family to make decisions for you in your time of need
- Anyone but your health care provider/doctor can be your agent
- Rest assured. The **advance care directives are fluid documents**. Change them as much as you feel is necessary to make sure they reflect your current wishes
- The advance care directives **are for you**, if you are older than 18.

Advance Care Directives

- Extend **your** autonomy
- Improve compliance with **your** wishes
- **Guide** your loved ones in decisions about **your healthcare**
- Decrease the anxiety and improve both your comfort and the comfort of your loved ones

What can you do?

- Make your own document **OR**
- Use one of the several templates from Vermont Department of Health at

www.healthvermont.gov/vadr/register.aspx

What can we do for you?

- Provide templates for you to fill out
- Fax them to the registry for you
- **Answer your questions**. We, the physicians, the medical care staff, and the community health team, are here to help.