

Palliative Care Discussion Guide

Palliative Care: 5 Things to Talk About With Your Care Providers

To make a plan for the best possible care.

**INFORMATION TO
MAKE CHOICES**

1. I'd like to understand more about my health or illness and treatment options:

- What is palliative care? How does it fit into my regular care?
- Here's what troubles me most: what relief can I expect with palliative care?

MY GOALS

2. I want to discuss my goals and explore the care I want and do not want:

- Here's what is most important to me; here's what worries or concerns me.
- Here's what I'm able to do now; here's what I'm hoping for.
- Given my priorities, goals and choices, what palliative services may be best?

MY PLAN

3. Let's discuss my care plan and writing down my choices in planning documents:

- Who's on my palliative care team? What's the plan for getting me to my goals?
- I have a Health Care Proxy; or, I do not have a Health Care Proxy — can you help?
- Let's discuss my choices about life-sustaining treatments and complete a MOLST form.

KNOW MY CHOICES

4. I'd like to make sure you know my choices and that my medical record is up-to-date:

- Who will coordinate my care and communicate updates/changes with me and my family?
- I'd like to revise/add to my planning documents and review my medical record.

HONOR MY CHOICES

5. I'd like to make sure my care providers honor my choices all through my life:

- In an emergency, if I can't speak with you, how will I know my choices will be followed?

5 Things to Talk About with Your Care Providers is a basic discussion guide to help you start a planning discussion to promote lifelong wellness and receive person-centered care. Start with one or more questions that make sense to you, and write down your own questions below to bring to your next appointment.
