

## Advance Care Planning Post-Session Summary Sheet

Thank you for attending our ACP session. This summary sheet is meant as a quick recap of the topics discussed and to provide the references of where information may be found.

### FORMS:

#### ACP for Every Adult



ACP For Every Adult  
Handout.pdf

Advance care planning assures your wishes are understood and communicated to healthcare professionals and your loved ones even when you aren't able to speak for yourself. There are four important actions every adult can take to be prepared: Think, Share, Choose, and Write. You can use the ACP for Every Adult guide to make informed decisions about your future healthcare needs. The guide is provided in a PDF file to the left or the Information can also be obtained on Carle's ACP webpage at <https://carle.org/Patients-Visitors/Advance-Care-Planning>.

#### Healthcare Power of Attorney (Carle Form)



Notice & Healthcare  
Power of Attorney For

A Healthcare Power of Attorney (HCPOA) is a legal document that states who will be your healthcare agent. Your agent will do things like make medical decisions for you when you aren't able to speak for yourself. A healthcare power of attorney form is different than a financial POA form where an agent is named to take care of your finances and estate when you no longer can. This is Carle's version of the HCPOA form. The form can also be obtained on Carle's ACP webpage at <https://carle.org/Patients-Visitors/Advance-Care-Planning>.

#### Living Will (Carle Form)



Living Will, Carle  
Health.pdf

A Living Will is a document stating wishes for end-of-life care if you're terminally ill. The document states that you don't want to be kept alive by artificial means or life-supporting machines. A HCPOA is considered first when you're terminally ill. The form can also be obtained on Carle's ACP webpage at <https://carle.org/Patients-Visitors/Advance-Care-Planning>.

#### State of Illinois Advance Directives List



IDPH AD Forms  
List.pdf

If you would prefer to use the state of IL Advance Directive forms, we have provided them in a list here for reference. They can also be found on the IDPH website by typing "advance directive" into the search bar. <https://dph.illinois.gov/topics-services2fhealth-care-regulation2fnursing-homes2fadvance-directives%23forms-forms-advance>

### SUBMITTING FORMS:

Advance directive can be added to a Carle medical record in one of these ways:

1. **Upload** to your [MyCarle](#) account. After signing into your account, select Advance Directives from the Menu tab.
2. **Mail** a copy to:  
*Health Information Management*  
*611 W. Park St.*  
*Urbana, IL 61801*  
*ATTN: HIM/ACP*
3. **Bring** a copy to your next appointment at Carle.

We **emphasize accuracy of form completion** prior to submission or unfortunately the form will be returned, as it is not valid and cannot be scanned into the medical record. If you're not a Carle patient, check with your healthcare provider on how to submit forms.



ONLINE RESOURCES:

Carle Advance Care Planning	<a href="https://carle.org/Patients-Visitors/Advance-Care-Planning">https://carle.org/Patients-Visitors/Advance-Care-Planning</a>
The Conversation Project	<a href="https://theconversationproject.org/">https://theconversationproject.org/</a>
Begin the Conversation	<a href="http://www.begintheconversation.org/">http://www.begintheconversation.org/</a>
PREPARE	<a href="https://prepareforyourcare.org/welcome">https://prepareforyourcare.org/welcome</a>
Good End of Life	<a href="http://www.goodendoflife.com/">http://www.goodendoflife.com/</a>
Engage with Grace	<a href="http://engagewithgrace.org/">http://engagewithgrace.org/</a>
Honoring Choices – PNW	<a href="https://www.honoringchoicespnw.org/about/">https://www.honoringchoicespnw.org/about/</a>
Go Wish	<a href="http://www.gowish.org/">http://www.gowish.org/</a>
AARP – Prepare to Care	<a href="https://www.aarp.org/caregiving/prepare-to-care-planning-guide/">https://www.aarp.org/caregiving/prepare-to-care-planning-guide/</a>

ONLINE VIDEOS:



“Advance Care Planning: Laurelea Shares Her Story” by Sunnybrook Hospital

<https://www.youtube.com/watch?v=Jza-91GwN2Q>



“Advance Care Planning – Conversations” by Speak Up (Canada)

<https://www.youtube.com/watch?v= 6gFzCiMnlg>



“Talking about Death Brings End-of-Life Benefits” by NBC’s Rock Center with Brian Williams

<https://www.nbcnews.com/video/talking-about-death-brings-end-of-life-benefits-44575811655>

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