



Understanding Advance Care Planning

Definitions

1. **Advance Care Planning:** The process to determine your wishes about medical care and treatment including appointing a health care representative.
2. **Advance Directives:** A document that provides clear instructions about your future medical care and treatment. May also be called a Living Will.
3. **Power of Attorney:** A document that authorizes another person to act on your behalf in specified matters such as financial decisions.
4. **Health Care Representative:** The person you appoint to receive healthcare information and make healthcare decisions for you when you are unable.
5. **POST (Physicians Orders for Scope of Treatment):** A document that records your end-of- life treatment preferences as a medical order signed by your physician, advance practice nurse, or physician assistant. The POST is for individuals within 12 months of end-of-life.

Making your Wishes Known

- Talk about your health care wishes with your physician and your family
- Appoint a Health Care Representative who can ensure your wishes are carried out if you are no longer able to speak for yourself
- Speak with an Elder Law Attorney or Indiana Legal Aid for assistance

Additional Resources

- Indiana Department of Health: <http://www.in.gov/isdh/25880.htm>
- Prepare for your Care: www.prepareforyourcare.org
- Five Wishes: <https://www.fivewishes.org/for-myself/>
- Indiana Patient Preferences Coalition: <https://www.indianapost.org/patients/#advancedirectives>
- Honoring Choices Indiana: www.honoringchoicesindiana.org
- Indiana Legal Aid: www.indianalegalservices.org