



# Advance Care Planning

Advance care planning is the process of making decisions about your future medical needs in the event you are unable to speak for yourself. These decisions are officially documented through forms known as advance directives, which should be shared with your loved ones and healthcare providers.



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# I CHOOSE PEACE OF MIND.

By making your plans now, you will have peace of mind knowing your family and medical providers will follow your wishes no matter what the future holds. In addition to ensuring your wishes are respected, advance care planning also saves loved ones the immense stress of guessing your wishes in the midst of a crisis.

Part of advance care planning is creating advance directive documents. These documents include:

## A Living Will

This legal document defines the types of medical treatment you do or do not want. It can cover a wide range of topics, from preferences on pain relief and life-support treatment to whether or not you want your hand held or bedside prayers.

## Iowa Physician Orders for Scope of Treatment (IPOST)

A medical order signed by your healthcare provider that clearly defines your preferences for life-sustaining treatments, such as artificially administered nutrition, cardiopulmonary resuscitation (CPR) and machine-assisted breathing. This document is most appropriate for those who have a critical illness, or are elderly, frail or in the last stages of an illness.



**FIVE WISHES:**  
We can help you create a living will through this nationally recognized, user-friendly program, available through community programming.

## Durable Power of Attorney for Health Care

A document that legally designates an individual who can make medical decisions on your behalf if you cannot. Through this form, you can also choose to limit the kind of decisions this person, commonly referred to as your healthcare agent, can make. If no one is selected at the time of a medical emergency, the responsibility will be delegated to someone close to you, such as a spouse, adult child or next of kin, in order of priority.

66%

**Number of adults  
in the U.S.  
who have not  
completed an  
advance directive**



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