



Why is advance care planning important?

Nelson loves to dance, tell stories, and teach the traditional ways of his ancestors. Over the years, his lungs and heart have gotten worse, making it harder for him to breathe and do the things that he loves. Nelson decided that he wants to be home with his family and avoid going to the hospital. He sat down with his family and completed an Advance Health Care Directive. This way, his family will know his medical wishes if he becomes unable to speak for himself. Nelson also encouraged other family members to complete their own Advance Health Care Directive. Advance care planning is important because it shares your medical wishes with the people that you love.

What can you look for?

- Needing an Advance Health Care Directive
- Wanting a way to share your medical wishes
- Hoping to talk with your provider about your health care goals
- Wanting to pick a person who you trust to speak for you if you are unable to speak for yourself

Advance care planning lets your family, friends, and health care team know how you wish to be cared for if you become seriously ill, badly hurt, or unable to make your own decisions.

Questions to ask yourself:

- Do you have an Advance Health Care Directive that shares your medical wishes?
- If you ever become very sick, what is most important to you?
- Do the people who are important to you know your health care wishes?





What can you do?

- Think about what is important to you if you ever become seriously ill
- Pick someone you trust to be your voice if you are unable to speak for yourself
- Complete an Advanced Health Care Directive and review it every year to make sure it is up to date
- Share your wishes with the people who are important to you
- Ask your medical provider about ways your medical wishes can be supported

Where can you find support?

- Your **Primary Care Team** can assist with advance care planning conversations and outlining your wishes on an Advance Health Care Directive.
- **Palliative Care** can work with you to better understand your health care goals and assist you with filling out the correct advance care planning forms.
- **Community Resource Specialist** and **Medical Legal Partnership** can assist you with thinking about estate planning and other important financial paperwork.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- Advance Care Planning Resources
- Medical Legal Partnership
- Palliative Care
- Primary Care
 - Behavioral Health Consultant
 - Community Resource Specialist

- Traditional Healing

Community Resources

- AlaskaLwaHelp.org
- POLST - POLST.org
- The Conversation Project-
theconversationproject.org

