



TALK IT OVER

Before making decisions, you should understand these life-sustaining treatments. Talk with your doctor. If possible, ask your family to be present while you discuss your values, beliefs and what is important to you.

Stay in control, make your wishes known, and give your loved ones the gift of no guilt.

CONTACT US

For more information, and to find a library of free resources, please visit us at www.qualityinsights-qin.org or view our project page at <http://bit.ly/CHFCareProject>.



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PLANNING FOR YOUR FUTURE

with Chronic Heart Failure





Know your choices. Share your wishes.

Our lives are full of planning. We plan for birthdays, weddings, vacations and retirement. But we rarely have conversations about our wishes and plans for end-of-life care. Making plans for your future medical care while you are still well and able to make decisions is important.

ADVANCE CARE PLANNING

Advance Care Planning is a process of discussing and deciding what YOU want for your future medical care. This involves:

- learning about decisions you might need to make
- considering what you would want ahead of time
- letting others know about your preferences

ADVANCE DIRECTIVES

End-of-life care decisions are often put into a legal document called an advance directive. This helps others know what type of medical care you want and don't want.

DURABLE POWER OF ATTORNEY

You should also select someone as your representative to make medical decisions for you at times when you may not be able to do so. This person is called a durable power of attorney for health care.

WHAT WOULD YOU WANT?

As a chronic heart failure patient, you may encounter some of the following treatment options. How do you feel about these? How would you want them handled?

- CPR
- DNR (do not resuscitate)
- Feeding tubes
- Ventilator (life support)
- IV fluids
- ICDs (pacemakers)
- Palliative Care
- Hospice Care