

# Well-Dying: **PREPARE** with Advance Care Planning

5 steps on how to plan for your care with an easy-to-use advance care planning tool



## Step 1: Choose a Medical Decision Maker

Choose **someone you trust to help make decisions** for you in case you become too sick to make your own decisions.

A good decision maker will:

- Ask doctors right questions for you
- Understand and respect your wishes



## Step 2: Decide What Matters Most in Life

Knowing what is most important in life can help you decide on medical care that is right for you.

Think about **what is most important in your life**: Family? Living on your own?



## Step 3: Be Flexible for Your Decision Maker

It is hard to predict everything that may happen in the future. **Flexibility** allows your decision maker to collaborate with doctors and adjust your medical decisions for your best interests.

Decide **how much flexibility (total/some/none)** to give your decision maker.



## Step 4: Tell Others About Your Wishes

**Tell your decision maker and doctors** about what is most important to you in life and about your wishes for medical care. Your doctors can help you fill out an **advance directive form** and put the name of your decision maker and your medical wishes into your medical chart.



## Step 5: Ask Doctors the Right Questions

- **Write down** questions ahead of time and bring them to the visit.
- **Bring someone** with you to the visit.
- **Tell your doctor at the start** of the visit if you have questions so they can save time to answer them.
- Make sure you and your doctor understand each other.
- Check for understanding by asking: "**What I'm hearing you say is...** (say in your own words), "**Is this right?**"

For more information about KIMCHI and outreach and educational resources, please contact the study team with any questions or concerns you have about this study at 415-498-0580 or email to [kimchi@ucsf.edu](mailto:kimchi@ucsf.edu).



Scan this QR code or click the link below to participate in the evaluation survey. A small incentive will be provided upon completion.

[https://redcap.link/kimchi\\_acp](https://redcap.link/kimchi_acp)

Reference: [Engaging Diverse English- and Spanish-Speaking Older Adults in Advance Care Planning: The PREPARE Randomized Clinical Trial](#) (Sudore et al., 2018)

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