

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.



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

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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