

Advance Care Planning



It may not be an easy conversation to start, but it is an important one to have, so you have a say in your health care — today and tomorrow.

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Having a plan can help reduce some of the burden on you and your loved ones, so your wishes are understood and respected.

You have a say in your health care – today and tomorrow.

As we age, medical care can become expensive and at times can be stressful for you and your loved ones. Your health care team wants you to know how important it is to plan for your future medical and daily care needs.

Start advance care planning by having a conversation with loved ones to express your wishes about your health care:



- Discuss resources, finances and insurance plans with your loved ones.
- Choose someone who would make health care decisions on your behalf if you became unable to voice those decisions yourself.
- Create documents that provide your loved ones with specific instructions in different scenarios such as if you need more help in your home.
- Some things to consider when creating these documents:
 - Who do you want to provide care?
 - How will you pay for it?
 - If you become severely ill, what are your wishes regarding treatment plans and options?

As you create a plan, it is important to understand Medicare coverage related to in-home and long-term care:



Contrary to popular belief, Medicare coverage may not include all medical care and services an individual's health status requires.

Medicare DOES cover: *(Specific guidelines and criteria for specific timeframes are required)*

- Rehabilitation services in a facility or in your home after an illness or surgery.
- Skilled nursing visits at a facility or in your home.

Medicare does NOT cover:

- Costs to live in a long-term setting such as assisted living or nursing home.
- Someone to take care of you in your home.

Resources to contact as you create your plan

- Your health care team
- Financial advisors
- Pastoral care
- Legal services
- The Conversation Project

Scan the QR code for more information on this initiative.

