

GrapeVine Unit

Advance Care Planning: It's About the Conversation

FREE

This one-hour session will teach participants about advance care planning. Advance Care Planning is a process of understanding, reflecting on, and discussing future medical decisions regarding of age and current health status. All adults should think about, discuss and create an advance care plan. Having an advance care plan is truly a gift for yourself and others.

The session will cover:

- What is advance care planning
 - Understanding your healthcare treatment options
 - Clarifying your healthcare goals
 - Weighing options about the kind of care you would want/not want
- Why an advance care plan is important
- Steps to creating an advance care plan
- How to communicate your wishes with your family, friends and healthcare provider

Handouts on the topic and a small gift will be available for participants at the end of the session.

****Note:** Advance Directive forms will be provided but will NOT be completed during the session. Information on where and how to complete this document will be covered during discussion.*

GrapeVine is a program of the Wisconsin Women's Health Foundation