

# Advance Care Planning



Wisconsin Medical Society

*Advance Care Planning & Advance Directive by the Wisconsin Medical Society*

What if you had a sudden illness or injury and could not speak for yourself?

Who would you want to speak for you?

What would you want them to know about your health care wishes?

## **What is advance care planning?**

Advance care planning (ACP) is a *process* that helps you:

- Think about your values and goals,
- Reflect on health care choices you may have to make in the future,
- Select a person who can make choices for you if you can't make them yourself, and
- Make a written plan for the future.

## **What is an advance directive?**

It is important to write down your goals, values and preferences. There are many ways to do this. We recommend that you use a document called an *advance directive*. This allows you to choose a person who can make health care decisions for you. This person will *only* make choices if you cannot make them yourself.

## **Start planning now.**

Make an appointment with an ACP facilitator today to start this process. This person will help you have a conversation with your loved ones about what matters the most to you for future medical choices.

**For more information:**



**(608) 930-7172**