

## Advance Care Planning

At KCCC, we provide cancer patients, survivors and their families with information about how to prepare for the journey ahead. Have you considered these important issues?

- What specific types of life-sustaining treatments are available to me?
- Do I want my care focused on keeping me comfortable and pain-free?
- Do I want a combination of life-extending care and pain-management?
- Which treatments do I find acceptable/unacceptable?
- Have I made my preferences clear to my doctor and loved ones?
- Have I put my advance directives in writing?

*Respecting Choices*® is an educational program developed and owned by Gundersen Lutheran Medical Foundation, Inc., a not-for-profit entity. Their mission is to assist organizations, communities, and individuals worldwide in implementing Advance Care Planning practices that support informed healthcare decisions. Respecting Choices has provided training, consultation, and materials to Kansas City Cancer Center in order to help us better serve our patients and their families.

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# Kansas City Cancer Center

## Prepare for the Journey Ahead with Advance Care Planning



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## The Long and Winding Road of Cancer

During the past few weeks, months or years, you and your family have probably become well versed in a wide variety of medical terminology, treatment names and healthcare acronyms.

Now your oncologist has asked you to learn another new phrase – Advance Care Planning (ACP). Is this really the right time to explore something new?

### Advance Care Planning is a Vital Map for What Lies Ahead

Advance Care Planning is an organized approach to making decisions about your healthcare needs in the near or distant future. Research has shown that patients who participate in Advance Care Planning are less fearful about the end of life and feel a greater sense of control over their destiny. As you know, it's far better to make a plan now, *before* a crisis situation occurs. Kansas City Cancer Center offers you well-informed advisors who can calmly escort you and your family through the entire process.

### Here Are the Key Steps Involved in Advance Care Planning:

1. Understand your healthcare options.
2. Reflect on your personal goals, values, religious or cultural beliefs.
3. Talk to physicians, healthcare advisors, loved ones and religious advisors.
4. Put your healthcare wishes in writing using an Advance Directive and Durable Power of Attorney.

### Help Your Family and Physicians Honor Your Wishes

By taking the time to talk with your loved ones about your preferences for end-of-life, you give them peace of mind now – and later. They will know exactly what you want and will be able to make treatment decisions consistent with your values and intentions. Your physicians also need to understand your goals and beliefs. It's so important that everyone be on the same page with you.

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## It's All About Respecting Choices®

Your Advance Care Planning advisors at KCCC have completed a comprehensive program called Respecting Choices.® Since 1991, Respecting Choices has provided training, consultation, and materials to healthcare organizations around the world.

Respecting Choices helps us tailor the Advance Care Planning process to meet your unique goals and values. The program is also designed to allow for ongoing communication and periodic revisions based on changes in your health status.

### Key Terms in Advance Care Planning

#### Advance Directive –

This formal legal document charts the course for your future health care. It lets your family and healthcare providers know what procedures and treatments you would want provided to you based on a variety of circumstances. Documents acceptable for use with KCCC include the Missouri and Kansas Advance Health Care forms.



**Durable Power of Attorney** – This document allows you to designate a person who will take charge of your healthcare decisions if you are unable to make those decisions yourself. Usually it is best to choose a family member or friend who is comfortable talking to doctors.

**Let KCCC Guide You Through Advance Care Planning**  
If you have questions about Advance Care Planning, please contact your medical professional, attorney or KCCC Advance Care Planning Advisors.

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