

# Practice Questions

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These questions are designed to assist you as you gain comfort and confidence for presenting or responding to inquiries about advance care planning. Some questions focus on legal or logistical issues; others will help you to practice navigating discussions with family members or patients. Some have specific answers, (you will find them in the presentations contained in this binder), others are designed to help you find your own voice and a personal style for promoting and recommending advance care planning in your setting.

## 1. Making the Case for ACP

Why should I care about Advance Care Planning?

Isn't this just about saving somebody's money?

Why am I being asked to do this?

Why should I do this now? I'm not that sick.

## 2. Addressing Perceived Barriers

Doesn't an advance directive mean "don't treat"?

Don't I need an attorney for this?

Can't I just tell my doctor what I want?

What if I change my mind about what I want?

Must my family and doctors follow my advance directive? Living will?

What if my situation changes?

Isn't this just for older people?

## 3. Advance Directives, Details and More

What is an Advance Directive?

What is a Living Will?

What is a Durable Power of Attorney for Health Care?

How do I choose a healthcare agent? What qualities should they have?

Who can be a witness on an Advance Health Directive?

Who cannot be witness?

(In California) When does a facility Ombudsman need to sign an advance directive?

Who can be a surrogate decision-maker or Durable Power of Attorney for Healthcare?

Who cannot be a surrogate?

What do I do with my completed advance directive?

Who will make decisions for me if I don't complete an advance directive?

Who speaks for a patient when there is no advance directive and no next of kin?

When should forms be updated or revised?

My family member is in a nursing home and needs a new advance directive. What do I need to do?

Is one particular advance directive document better than others?

My mother is in the hospital for surgery. She told her surgeon that her husband should make decisions for her but I am her DPOA-HC. Who speaks for her?

When does my advance directive expire?

What duties and responsibilities does my healthcare agent have?

How will my healthcare agent make decisions for me?

#### 4. California POLST

What is POLST?

How does POLST differ from a DNR Order?

Who should have a POLST form?

Who can sign a POLST form?

How is a POLST form different from an advance directive?

How does a POLST form support an advance directive?

When do I need to think about getting a POLST form?

My uncle has an out of hospital DNR, does he need a POLST form?

## 5. Palliative Care & Hospice

What is palliative care?

What is hospice?

Is hospice different from palliative care?

When can people benefit from Palliative Care?

How do I get palliative care?

## 6. Connecting to Resources

What resources are available to me to help me think about what I want?

Who can help me to complete an advance directive?

What questions do I ask my healthcare provider/doctor?

Can I do this online if I want to?

Where can I learn about hospice or palliative care?