

COVID-19: Take Control of Your Health

PREPARING FOR A HEALTHCARE EMERGENCY

One of the most important things you can do to take control of your health care is to think about, talk about, and write down your health care wishes. This process is called Advanced Care Planning (ACP). It might feel strange thinking about this right now, but the best time to write down your wishes is when you're feeling well – not in an emergency.

Understand the types of documents that make up an ACP:

Advance Directive Documents:

These legal documents are completed and signed by you.

- **Healthcare Proxy**–This document authorizes another person to make health care decisions on your behalf if you are unable to communicate your wishes. This document may also be referred to as a Durable Power of Attorney for Health Care, Health Care Agent or Proxy.
- **Living Will** - This document lists your treatment requests for future medical care. It addresses things like resuscitation, life support, pain relief and others and can be changed as you wish. While a lawyer can help you set up a Living Will, services such as Five Wishes (www.fivewishes.org) are also an option for completing a Living Will.



Medical Orders:

These orders are completed based upon your wishes and signed by the physician.

- **DNR (Do Not Resuscitate) Order** – This identifies your code status if you do not wish to receive CPR.
- **Physician/Medical Orders for Life Sustaining Treatment (POLST/MOLST)** – These are state specific order forms regarding your medical wishes. You can learn more about your specific state documents by talking with your social worker.

5 Steps to completing your Advance Care Plan:

- Think about your wishes (ask your social worker for a worksheet).
- Discuss your wishes with your loved ones and health care team.
- Document your decisions on an Advance Directive and/or Medical Order.
- Consider who would carry out your health care decisions if you're injured or too ill to communicate. This person is known as a healthcare proxy.
- Ask your proxy if they're willing and able to fill that role, then complete a Healthcare Proxy form.



**If you've already completed an ACP, please share it with your dialysis team.*

If you have any questions or want to talk about this information, reach out to your DaVita Social Worker.

Call 1-800-400-8331 for questions on DaVita's response to COVID-19

COVID-19: Write Down Your Wishes Worksheet



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One of the most important things you can do to take control of your health care is to think about and write down your health care wishes. This worksheet does not replace a legal advance care plan (ACP) document. This is meant for you to talk about what's important and help you get ready to create an ACP.

1. What motivates you every day or helps you through difficult times?

2. If your health got worse and your quality of life changed, what would be most important to you? (Examples: being able to make my own decisions, continuing my hobbies, being able to take care of myself, etc.)

3. What would you be most worried about if your health got worse? (Examples: being alone, being in pain, being a burden, etc.)

4. If you became very sick and your quality of life changed or you're unable to do the things you love, would you want to receive intensive care in the hospital or pursue comfort care measures? (Examples: withdraw treatment, continue life-sustaining treatment, hospice care, etc.)

5. Who would help you make and honor your health care decisions if you were unable to communicate?

6. List any other questions or concerns you want to bring up with your friend/family/provider:

Questions?

Talk with your Social Worker, physician and care team if you have questions about:

- How to complete ACP forms
- Specific state requirements
- Responsibilities of your proxy
- Consistency with your values / beliefs
- Additional questions or concerns

You can revoke your ACP documents or orders, at any time, either in writing or verbally.



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