

A stick figure with a white head and black body is standing on a white oval shadow. It is holding up a large yellow banner with a black border. On the left side of the banner is a yellow sun with rays. The word "PREPARE" is written in large, bold, blue capital letters on the right side of the banner.

PREPARE

**Evidenced-based, Online
Advance Care Planning Tool**

HIPAA Compliant

Rebecca L. Sudore, MD
Professor of Medicine, UCSF

2 Major Deficits

- People are not empowered



- Their loved ones are not empowered



Easy-to-read Advance Directives

Trial of easy-to-read form:

- Preferred regardless of literacy level
- Doubled completion rates

FREE

10 languages

<http://www.iha4health.org/our-services/advance-directive/>

California Advance Health Care Directive

This form lets you have a say about how you want to be treated if you get very sick.



This form has 3 parts. It lets you:

Part 1: Choose a medical decision maker.



A medical decision maker is a person who can make health care decisions for you if you are too sick to make them yourself.

Part 2: Make your own health care choices.



This form lets you choose the kind of health care you want.

This way, those who care for you will not have to guess what you want if you are too sick to tell them yourself.

Part 3: Sign the form.



It must be signed before it can be used.

You can fill out Part 1, Part 2, or both.

Fill out **only** the parts you want. Always sign the form in Part 3.
2 witnesses need to sign on page 11 or a notary public on page 12.

YOUR NAME: _____

Are Advance Directives Enough?

“We got the DNR in writing. But in making the decisions, which there were many, that was just one. Because the first decision was to put him in a nursing home. We were married 30 years and I could no longer take care of him (tearful). Then the second decision was whether to put him on a feeding tube because he had stopped eating and I wasn’t ready to let him go.”



Missing Puzzle Piece



- **PREPARE** people with skills to:
 - identify what is most important and how they want to live (evolving)
 - communicate with loved ones
 - communicate with providers & make informed decisions

Solution: Interactive, multi-media website prepareforyourcare.org



Welcome

View the PREPARE Pamphlet

Hide Menu

- 1 Choose a Medical Decision Maker
- 2 Decide What Matters Most In Life
- 3 Choose Flexibility for Your Decision Maker
- 4 Tell Others About Your Wishes
- 5 Ask Doctors the Right Questions

Your Action Plan

Welcome to PREPARE!

PREPARE is a program that can help you:

- make medical decisions for yourself and others
- talk with your doctors
- get the medical care that is right for you

You can view this website with your friends and family.



Click the NEXT button to move on.

NEXT



5-Steps of PREPARE

Welcome

View the PREPARE Pamphlet

**1 Choose a Medical
Decision Maker**

**2 Decide What Matters
Most In Life**

**3 Choose Flexibility for
Your Decision Maker**

**4 Tell Others About
Your Wishes**

**5 Ask Doctors the
Right Questions**

Your Action Plan

How to do it

PREPARE



How to Ask Someone to Be Your Decision Maker

You can watch this video with your friends and family.



How to Tell Others

PREPARE



How To Tell Others About Your Wishes



PLAY

MUTE

CC

ZOOM

How to Ask Questions

PREPARE



How To Ask Doctors the Right Questions



PLAY



MUTE

CC



ZOOM



Summary of My Wishes

Talk to your doctor about your medical wishes.

You will do this by July 30.

Summary of All Steps

Step 1: Choose a Medical Decision maker

- You have chosen and asked John Doe (your spouse/partner) to be your decision maker.
- You want John Doe to make medical decisions for you only if you cannot make your own decisions.

Step 2: Decide What Matters Most in Life

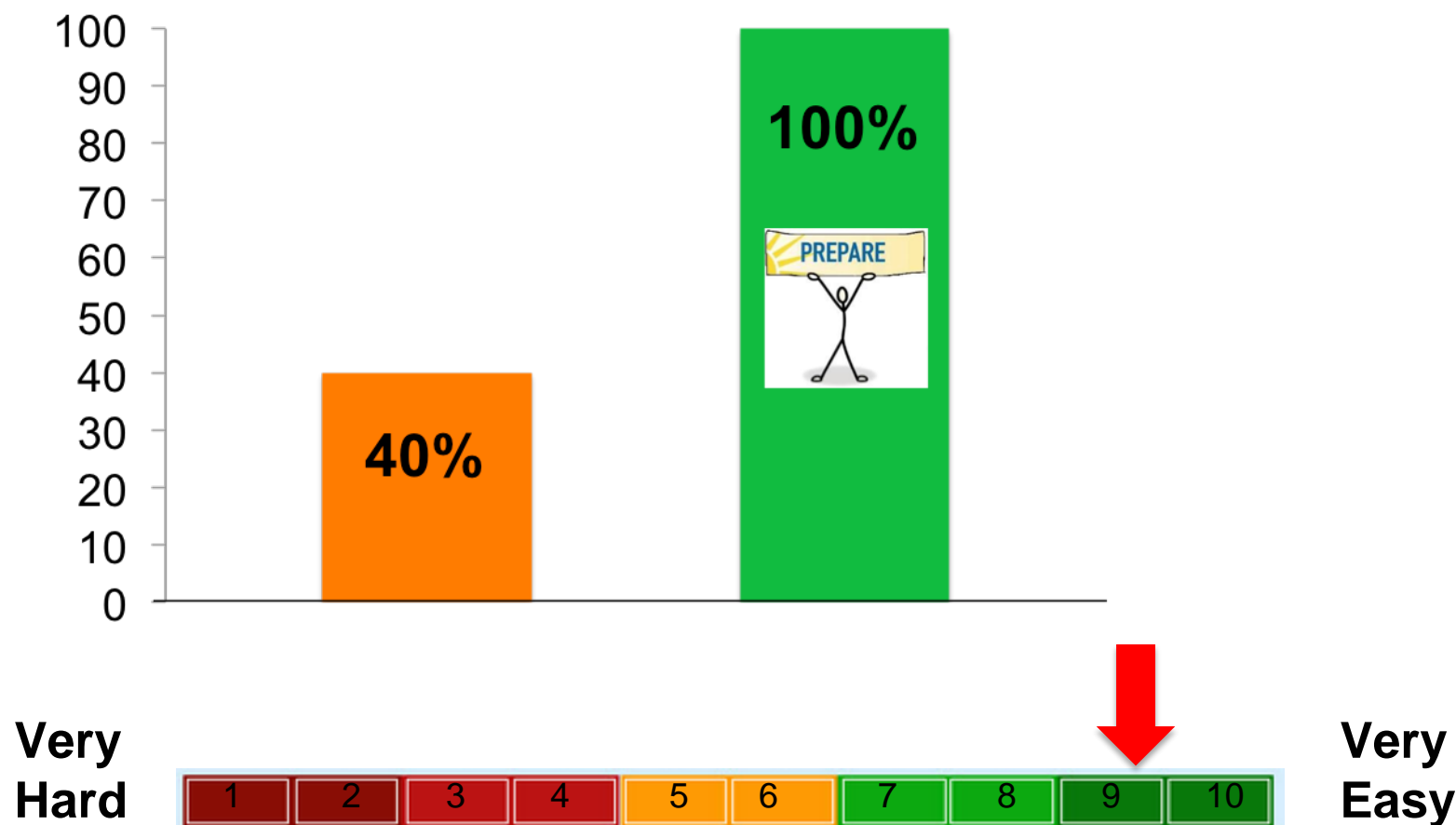
- What is most important to you are: family and friends, religion, living on your own and caring for yourself, not being a burden on your family.
- You feel that there may be some health situations that would make your life not worth living, such as never being able to wake up from a coma.
- You want to try treatments for a period of time, but stop if you are suffering.

Step 3: Choose Flexibility for Your Decision Maker

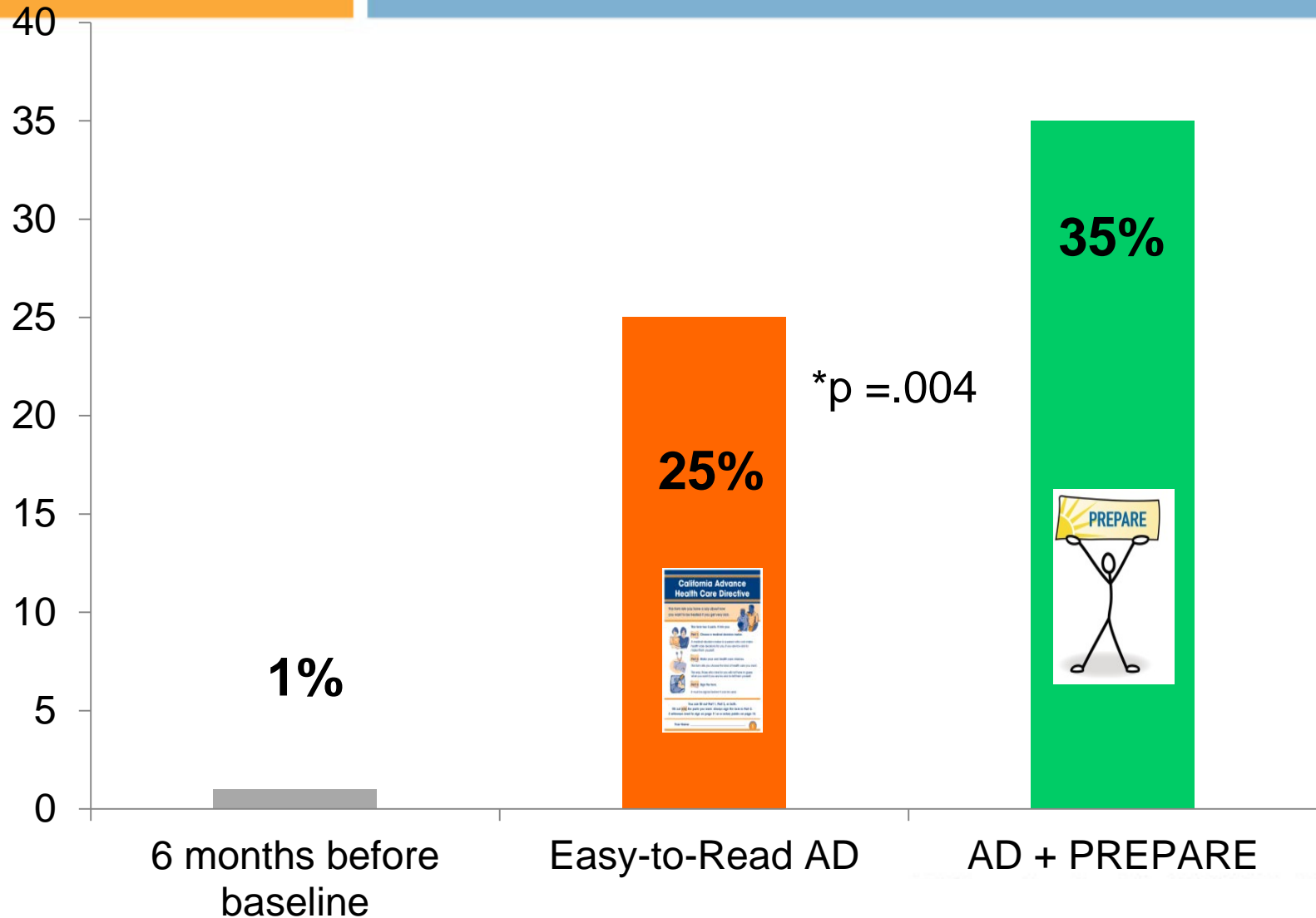
- You chose TOTAL flexibility in medical decision making for your decision maker.

PREPARE Improves Patient Engagement in ACP

- Senior centers, 70 years, 92% never used a computer



Randomized Trial: **Patient-facing ONLY** PREPARE Increases ACP Documentation



The Community: PREPARE as a Movie



PREPARE
A program to help you make medical decisions for yourself and others



Step 1 Choose a medical decision maker.

Step 2 Decide what matters most in life.

Step 3 Choose flexibility for your decision maker.

Step 4 Tell others about your medical wishes.

Step 5 Ask doctors the right questions.

For more information:
Go to www.prepareforyourcare.org
Call 1-888-750-2217



PREPARE

Show Contents

PREPARE

Introduction
Welcome to PREPARE!

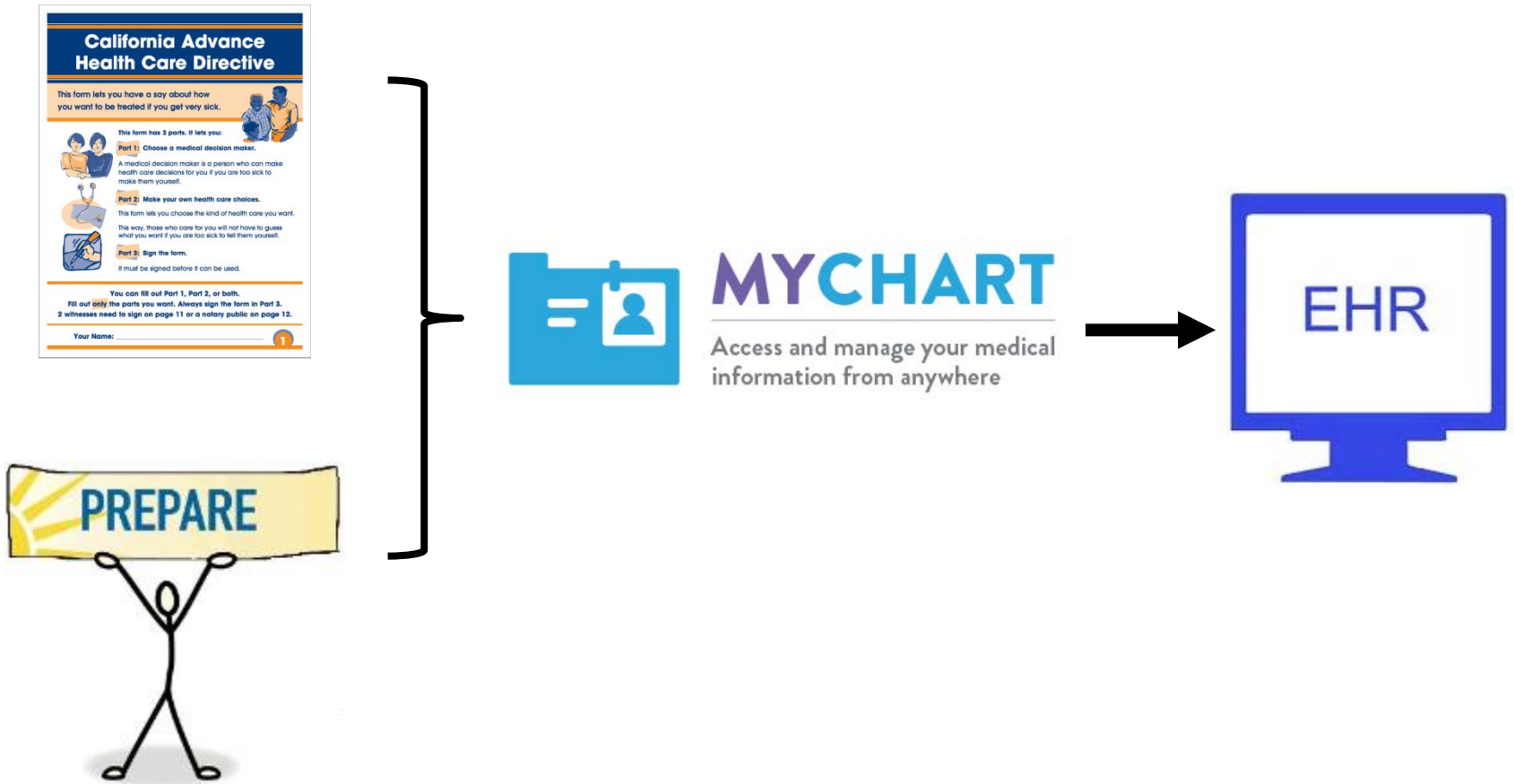
00:00 | HD

Toolkits for creating movie events for libraries, churches, senior centers

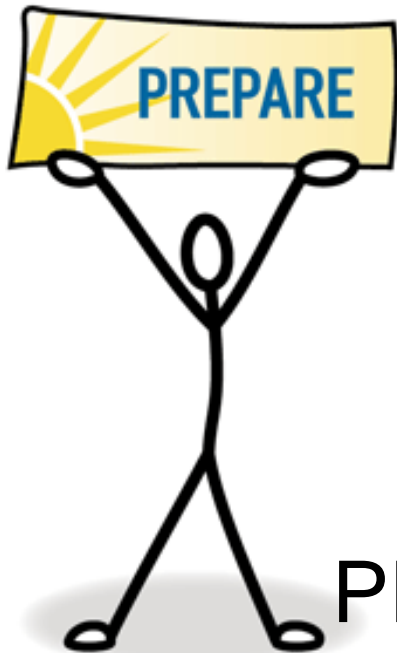
Easy-to-read Directives → PREPARE

The image shows the front page of a "California Advance Health Care Directive" form. The title is in a blue box at the top. Below it, a paragraph states: "This form lets you have a say about how you want to be treated if you get very sick." There are three parts outlined: Part 1: Choose a medical decision maker; Part 2: Make your own health care choices; and Part 3: Sign the form. Each part has a brief description and an icon. At the bottom, there is a section for "Your Name:" and a small orange circle with the number "1".

Bridging Wishes → Health Record



Thank You!



www.ih4health.org

California Advance Health Care Directive

This form lets you have a say about how you want to be treated if you get very sick.

This form has 3 parts. It lets you:

Part 1: Choose a medical decision maker.
A medical decision maker is a person who can make health care decisions for you if you are too sick to make them yourself.

Part 2: Make your own health care choices.
This form lets you choose the kind of health care you want. This way, those who care for you will not have to guess what you want if you are too sick to tell them yourself.

Part 3: Sign the form.
It must be signed before it can be used.

You can fill out Part 1, Part 2, or both.
Fill out only the parts you want. Always sign the form in Part 3.
2 witnesses need to sign on page 11 or a notary public on page 12.

YOUR NAME: _____

1

PREPARE: prepareforyourcare.org