

# CARE PLANNING

Preparation for Communication and Medical Decision Making

What does QUALITY OF LIFE mean to the person?

Readiness, decision-control preferences, prognostic awareness, trade-offs

Family/Friend/Community Social Norms and Support

## LIFE COURSE



**HEALTHY ADULTS**  
and/or  
**CHRONIC ILLNESS**

(e.g. diabetes treatment, elective surgery)



**SERIOUS ILLNESS**

(e.g. early stage/chronic cancer, frailty, organ failure)



**END OF LIFE**

(e.g. end-stage cancer, frailty, and organ failure)



### EXAMPLE DECISIONS

#### IN-THE-MOMENT DECISIONS

e.g. "Will this diabetes medication help me get the quality of life I want?"

#### ADVANCE DECISIONS

e.g. "If something were to happen to me, who would speak for me?"

Community  
Outpatient

#### IN-THE-MOMENT DECISIONS

e.g. "Will this chemotherapy help me get the quality of life I want?"

e.g. "Will hospitalization for my heart failure help me return home and live the life I want?"

#### ADVANCE DECISIONS

e.g. "What if my condition worsens? What would be important to me and who will speak for me?"

Community  
Outpatient  
Acute Care  
Long-term Care

#### IN-THE-MOMENT DECISIONS

e.g. "Will this medical procedure help me get the quality of life I want?"

e.g. "Where do I prefer to be at the end of life? Do I have the support I need?"

#### ADVANCE DECISIONS

e.g. "What if my symptoms worsen. Do I want to come back to the hospital?"

Community  
Outpatient  
Acute Care  
Long-term Care  
Hospice

### DECISION-MAKING SETTINGS