Health Care Agent: Are you READY?

- Re-read your patient’s Health Care Directive.
- Recall the stories they’ve told you about what’s important to them, e.g. what they like to do; what they want to happen, and what they don’t want to happen.

- Evaluate the medical data.
- Explore what options are available for your patient.
- Examine the benefits of each option.
- Examine the risks of each option.
- What questions do you have for your patient if they are able to talk with you?

- Assess the options.
- Assemble a team of trusted advisors to help you assess the medical treatment options.
- Compare and contrast each option against the patient’s health care directive, quality of care plans and patient goals.

- Decide which option is best.
- Discuss with the medical professionals and family members as appropriate.

- Yield. Set aside your expectations of the outcome.
- Yield to the patient’s self-healing.
- Remember that all healing is self-healing.