Loved One: Are you READY?

- **Recognize** your role as loved one.
- **Recognize** the boundaries of your role as loved one.
- **Recognize** your biases regarding the patient’s care.
- While your opinion is important, it will be the patient’s wishes and directions that the medical professionals and health care

- **Empathize** and support both your loved one and their health care agent.
- **Educate** yourself on the patient’s care plan and definition quality-of-life. While you may not be the health care agent, you may be next in line if medical professionals cannot reach the agent and need an immediate decision.

- **Accept** your loved one’s health care directive and care plan even if the plan is not what you would want them to do.
- **Accept** that your wishes may be different than the your loved one’s wishes for treatment plans.
- Understand that you do not have to agree with their choices in health care directive however you need to accept their choices.

- **Don’t derail** the patient’s care plan.
- **Don’t disrupt** treatments that are currently underway if those decisions have been made by either the patient and/or their health care agent.
- Contact the hospital or clinic’s ethic if you feel that the health care agent and/or medical team is not following the patient’s wishes or their care plan.

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