

Conversation Starters to use With Family and Friends

- I want to formally name you as my healthcare **Representative**, so I need talk to you about what I'd want if I became too sick to make my own decisions.
- Do you remember my friend Frank who was in a coma for a while? I wonder if there was any argument about keeping him on that ventilator.
- The pandemic has got me thinking about what my choices would be if I got really sick. This is something I'd like to discuss with you.
- That story about the family fighting about over their mom's care made me realize that we should talk about these things to avoid this kind of conflict in our family.

Questions for Your Healthcare Providers

- Can you tell me what I can expect from this illness? What is my life likely to look like 6 months from now, 1 year from now, and 5 years from now?
- Would you write this down for me so I can be clear when I share this information with my family and friends?
- What are some possible big changes in my health that my family and I should be prepared for?
- What can I expect to improve (or not improve) if I choose this course of treatment, or another course of treatment? What can I expect if I decide to do nothing?
- Will you please document my wishes in my record?



The BRAIN Acronym

An easy-to-remember discussion tool is the BRAIN acronym. Use the letters of this word to help you in Advance Care Planning situations as you are preparing for health care conversations with health providers about life-impacting decisions.

B.R.A.I.N.

Benefits

What are the benefits of this procedure/treatment?

Risks

What are the risks of this procedure? How might this negatively affect me/my family/my friends?

Alternatives

Are there alternatives to this procedure/treatment? Are there other options?

Intuition

What is my gut feeling about this?

Need Time or Nothing

Can I delay this procedure and take some time to think about it? Discuss it with my family? What will happen if I choose to do nothing for now?