

The best time for you to attend an Advance Care Planning Workshop is:

- Now! Advance Care Planning is not based on health status
- Every new decade of life
- After the loss of family or a friend
- After a change in marital status
- After any significant diagnosis or change in your health status

Having a conversation about Advance Healthcare Planning may be difficult, but these discussions will ensure that a plan is created reflecting what YOU want. Your trusted others and healthcare providers will better understand what matters most to you.

If you are interested in attending an Advance Care Planning Workshop, please call
971-352-0844



VA Portland Health Care System

3710 SW US Veterans Hospital Rd.
Portland, OR 97239

If you are interested in attending an Advance Care Planning—Group Visit Workshop

Call: 971-352-0844



Important Phone Numbers:

Advance Care Planning Group Visits:
971-352-0844

Veteran's Crisis Line:
1-800-273-8255 press "1"

Caregiver Support:
503-273-5210

Healthcare for Homeless Veterans:
1-877-424-3838

VA



U.S. Department of Veterans Affairs

Veterans Health Administration
VA Portland Health Care System

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U.S. Department
of Veterans Affairs

Advance Care Planning Group Visits Take Control. Keep Control. Be Prepared.



Anything can happen at
any time.

*You are invited to join one
of our Advance Care
Planning Workshops.*

Learn how to create an
Advance Care Plan that
will ensure your health
care choices are known and
followed.

What is Advance Care Planning?

Advance Healthcare Planning is the process where you identify your values and wishes for your health care at a future time if you are no longer capable of making choices for yourself. It is about planning for the health related “*what ifs*” that may happen at any stage of life.

It takes into consideration:

- Your values
- Your spiritual beliefs
- Which treatments may or may not be right for you
- Who you would like to speak for you if you cannot speak for yourself

Advance Healthcare Planning allows you to write down what you have discussed with your trusted others, so that your future medical decisions are known. This process can be overwhelming; *you don't have to do it alone!*



What are Advanced Care Planning Group Visits?



Advance Care Planning Workshops are made up of Veterans, just like you, who are interested in learning more about Advance Healthcare Planning. Through these workshops, Veterans experience:

- A group setting where you can talk, learn and share experiences with other Veterans
- Access to health care providers to ask questions and understand how to complete the VA Advance Directive
- The chance to invite your friends and family to attend the Workshop with you
- Help with how to talk about this difficult topic
- The chance to document your wishes in an Advance Directive

Why is Advance Care Planning important for me?

Advance Care Planning can help you keep control of your healthcare even if you become medically or mentally unable to speak for yourself. Advance Care Planning is your right.

Advance Care Planning can help:

- Family and friends understand your wishes and advocate for what you want
- Your healthcare team carry out your medical decisions
- Specify treatments and care you do or do not want
- Give you and your trusted others peace of mind knowing your preferences are known and documented

