

“I am so glad I attended this group. I didn’t realize how advance care planning could help me and my family.” –ACP-GV Participant

Advance Care Planning:

Advance Care Planning is about planning for the “what ifs” related to your health that may occur at any stage of life. You will consider:

- Personal values
- Spiritual beliefs
- Which treatments may or may not be right for you
- Who can best make medical decisions for you in the event that you cannot speak for yourself
- Preferences for treatment at the end of life or if you are in a permanently unconscious state.

This process can sometimes be an overwhelming experience - *the VA is here to help!*

Advance Care Planning (ACP) Group Visits:

The heart of the ACP-GV program involves discussion groups made of up Veterans just like you, who are interested in learning more about Advance Care Planning.

By attending one of these discussion groups, Veterans experience:

- A group setting where you can talk and share experiences with other Veterans
- Access to a healthcare provider to ask questions and receive help
- The opportunity to invite your friends and family to join in the discussion
- Activities to help clarify your values and wishes for future care
- Creating a plan for documenting your wishes for future care and designating a healthcare agent.

Why is Advance Care Planning important for me?

Advance Care Planning can help you get the medical care that you want, should you become mentally or medically unable to speak for yourself.

Benefits include:

- Loved ones understand your wishes and can advocate effectively.
- Your healthcare team can treat you in accordance with your wishes and values.
- If you do not want life-sustaining treatment* in certain circumstances, it can be avoided or stopped.

*Examples of life-sustaining treatments include artificial respiration, CPR, blood transfusions, dialysis and IV nutrition or fluids.