

BABEL (Better Targeting, Better Outcomes for Frail Elderly) Advance Care Planning Intervention
Pamphlet – Different Philosophies of Care for Nursing Home Residents and Substitute Decision-Makers

This pamphlet was designed as part of the BABEL Advance Care Planning project for nursing homes. Meant to be printed out and freely distributed to clients, it is a brief description of the main three types of approaches to medical care that may be taken in nursing homes.

The pamphlet has six panels. On the next two pages they are displayed in natural reading order, from page 1 to 6. The final two pages presents them in order such that if you print it out in 2-sided mode, with the flip made on the short edge, it can then be folded into a front-and-back trifold, as shown here:

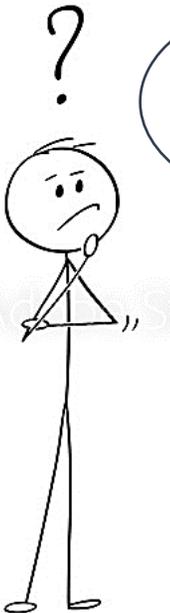


What Kind of Medical Care Do you Want in the Nursing Home?

What are my goals at this point in life?

Are my goals realistic?

What TYPE of care do I want?



1

Advance Care Planning includes conversations about *specific types* of medical care you may want and do not want to receive.

These conversations are to address specific medical problems that you are likely to experience.

Alternative Approaches to Medical Care:

When having these conversations, you should think about *your* personal values and goals for medical care, at this point in your life.

It is important that you take charge of your own care

2

Two things to consider that often influence peoples' wishes for their medical care:

- 1) Many feel that the **QUALITY** of life rather than the **LENGTH** of time remaining is more important.
- 2) After a new medical problem arises or an existing challenge gets worse, your life may change. We do not know for certain what the future holds, but we do know that this is important to most peoples' wishes about their care and life.

Ask yourself...

What brings quality to your life?

What is important to you?

How much medical care do you want to receive?

3

These are your decisions to make.

Which of these 3 choices best align with your goals?

CHOICE 1 : COMFORT AS THE ONLY GOAL

- Understand and accept that there is probably not much time left to live.
- We do not rush or delay the process, but accept it, whenever it happens.
- Comfort care IS CARE – it includes any treatments that are needed to ensure that you are comfortable. This can usually be done in the nursing home.

CHOICE 2 : DO EVERYTHING

- Use all available treatments to try to keep you alive (such as antibiotics or more aggressive treatments like artificial machines).
- Individuals with a good quality of life or prognosis usually choose this approach.
- Frail individuals and those with multiple medical challenges are much less likely to benefit from this approach, and this choice can lead to unnecessary suffering.

4

CHOICE 3 : THE MENU OF POSSIBLE TREATMENTS

- This choice falls between Choice #1 and Choice #2.
- Some treatments you will accept, and others you will choose to not accept.
- For example, you may accept treatments only available in the nursing home, but not want to go to Emergency or Hospital, OR accept treatments in both nursing home and Emergency.

This decision is based on the type of problem:

- If something big happens (like a stroke or heart attack), you may wish to remain in the nursing home and just be kept comfortable.
- OR, for a smaller problem that cannot be treated in the nursing home, you may wish to go to Emergency or Hospital to get it taken care of, and then come back to the home.

5

Planning for the Future

You have the right to know...

- What treatments and procedures are available
- The benefits, risks, and side effects of treatment
- What will happen if you decide to not have a treatment and procedure

You Can Always Change Your Mind



Advance Care Planning Project



Canadian Frailty Network

Réseau canadien des soins aux personnes fragilisées

Known previously as Technology Evaluation in the Elderly Network, TVEN

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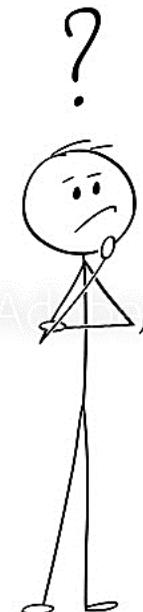
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