Discussing end-of-life care may be one of the most important discussions you can have with family members. Without it, your loved ones may never know your wishes, and you may not receive the kind of care you would like at the end of life.

To help plan for this conversation, please visit la-post.org for information about advance care planning and the Louisiana Physician Orders for Scope of Treatment (LaPOST) document.

- Learn about advance care plans
  - Advance directive ("living will")
  - Health care power of attorney
  - LaPOST document

- Develop and record an advance care plan
  - Know facts about end-of-life planning
  - Organize thoughts about end-of-life care
  - Prepare for conversation about end-of-life wishes
  - Discuss plan with family members
  - Review and update plan periodically

- Recognize religious/cultural aspects related to end-of-life decisions

- Understand life-sustaining medical treatment and conditions
The la-post.org website provides valuable information for health care consumers on topics related to advanced care planning and LaPOST:

- Advance care planning documents
- Conversations Change Lives booklet
- Religious/cultural resource library
- Medical treatment/conditions guide
- Website resources

Patients and families can also visit la-post.org and click on the Consumer tab to view an eight-minute video that introduces the LaPOST document. The program features an overview from Susan Nelson, MD, as well as interviews with patients, family members and health care workers about their advance care planning experiences and thoughts.