



Advance Care Planning & You

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**

LaPOST

Louisiana Physician Orders for Scope of Treatment
A Participating Program of National POLST

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

la-post.org

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.



Approved by the Louisiana Legislature as Act 954 in 2010, LaPOST is an initiative of the Louisiana Health Care Quality Forum and the LaPOST Coalition. The Quality Forum is a private, not-for-profit organization dedicated to reshaping health care in our state. The LaPOST Coalition is a statewide network of organizations that provides advance care planning education, training and awareness for health care professionals and consumers.