Texas Talks
Advanced Care Planning Worksheet

Planning is important and can help your loved one outline their wishes. Use the following questions to help guide a discussion on advanced care planning.

1. Thinking back on impactful moments in your life, what personal values are important to you? (Faith, family, being able to make own decisions, knowing someone is advocating on my behalf.)

2. If you were to face a medical crisis, what do you want your loved ones to know? *If they are having a hard time, share what you want your loved ones to know. For example, it is important to you your loved ones understand your wishes so there is no confusion or disagreements.*

3. Have you identified someone who can make decisions on your behalf if you can’t make them for yourself?

4. If you are facing a life-threatening illness, do you know what medical treatments you want to receive? (CPR, ventilator) Are there treatments you don’t want to receive?

5. If you are facing a life-threatening illness, will you consider palliative care? Will you consider hospice?

6. How can the person identified to make decisions on your behalf be a good advocate for you in a medical crisis?