

Advance Care Planning

Advance care planning is making decisions about the care a person wants to receive when he or she is unable to communicate those wishes directly. These decisions are based on personal values, preferences and discussions with loved ones.

If you are the parent or guardian of a child with a life-limiting condition, we recommend that you have an advance care planning conversation with your child. Here are our suggestions on how to facilitate the discussion.



- Your child, key family members and the health care team should be included in the advance care planning session.
- Determine what your child already knows about his or her condition. Discuss what he or she wants to know before beginning the discussion.
- Always use direct, honest and open communication based on your child's developmental age. Concrete and easy-to-understand terms are helpful.
- Discuss only one or two issues at a time. Allow time and space for questions.
- Provide play opportunities such as art, music or an interactive game to engage your child in discussions about feelings and wishes. Suggestions include: coloring, journaling, ripping paper or going for a walk.



Thursday, April 16 is National Healthcare Decisions Day, a time when people are encouraged to think about and document their healthcare treatment wishes.

For more than 40 years, The Elizabeth Hospice has been providing medical, emotional and spiritual support to children and adults faced with the challenges associated with a life-threatening illness. You can call us any time, day or night, at **800.797.2050**.

Source: National Hospice and Palliative Care Organization, nhpco.org



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