

# Creating a Care Plan: DURING THE CONVERSATION



## DISCUSS DETAILS

### Keep in Mind

- Speak from the heart.
- Think of a way to ease into the conversation, perhaps by bringing up a situation with a family member or referencing something in the news.
- Involve key people in the decision-making process, such as family members, friends, medical providers, financial advisers, or legal representatives.
- Acknowledge your own experience, as well as that of your loved one. This is especially crucial when strong emotions come into the conversation.

### Remember Your Prioritize Concern

During this conversation additional topics or concerns may arise. It is important to acknowledge these concerns while also prioritizing what needs to be addressed first. What is the most important thing for you to discuss today?

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### Listen and Take Notes

What are you learning that may inform caregiving plans, health care directives, and legal or financial directives?

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