**Advance Care Planning:**

**A gift we can give to our loved ones**

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Advance Care Planning is a gift we can give to our loved ones—it is an offering of peace of mind that helps brings comfort amidst some of the “what ifs” that come with the processes of illness, death, and grieving.

Faith communities can play a large role in building trustworthy approaches to advance care planning that are rooted in respect for the unique religious beliefs and cultural practices of the communities they serve. How? Consider these opportunities to engage in advocacy this month:

**Preach**. Faith leaders can share thoughtful messages about the power of having the conversation about advance care planning during worship services. Seize the opportunity to connect foundational pillars of your faith tradition to the gift that advance care planning can be, especially when connected to a personal story about your own advance care planning journey.

**Pray**. Offer to pray with members of your faith community about issues related to advance care planning, like health, illness, gratitude, coping, and comfort. This practice can help us be intentional about the advance care planning process.

**Plan**. Support members of your faith community to engage in advance care planning with their health care team.

**Prayer**: *Thank you for the comfort and peace of mind advance care planning provides. Guide us in our conversations and plans so we may be able to carry out our loved one’s wishes and values with certainty and clarity.*



4/2021

**Advance Care Planning:**

**Carrying out a person’s wishes**



Advance Care Planning helps individuals think intentionally about their beliefs and what gives their life meaning and beauty.

The process of Advance Care Planning helps us articulate what is most important and provides a firm foundation for our care plan and goals moving forward.

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Description automatically generatedLegal documents, such as an Advanced Directive, can turn this invaluable conversation and process into a sense of certainty and clarity moving forward. These conversations and documents also empower people to make their decisions and preferences known ahead of time, easing the burden of decision making on their loved ones when they are no longer able to speak for themselves.

Even in the midst of grief and loss, a sense of gratitude exists when we are able to carry out a person’s wishes and values, knowing for certain what they would have wanted.



**Illinois residents**: scan code (left) to find additional information on Advance Care Planning.

**Wisconsin residents**: scan the right code.

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