10 THINGS YOU NEED TO KNOW

To Care For Those You Care About as a Patient, Caregiver or Advocate

FOR EVERYONE:
1. Discuss your health care choices. Complete an advance directive.
2. Make friends in your provider’s office.
4. Fax or email questions/concerns before appointments.
5. Use the Internet as a resource but verify!

IF YOU OR SOMEONE YOU LOVE HAS A SERIOUS ILLNESS:
1. Be an advocate. Have an advocate. (It’s ok to disagree with the healthcare system.)
2. Do not go to medical appointments alone. Bring someone to take notes.
3. Learn about palliative care.
4. Care for the caregiver.
5. Access community resources. Ask for help.

www.csupalliativecare.org

When Serious Illness is Impacting Quality of Life:

- Find out what palliative care services are available in your area.
- Tell your doctor you are considering palliative care.
- Explain to your doctor what quality of life means to you.
- Tell your doctor about any personal, religious, or cultural beliefs, values, or practices that are important to consider in your care and treatment decisions.
- Be clear that you want to control the quality of your life through creating a palliative care plan to manage the long-term symptoms of your illness.

Before Serious Illness Occurs:

IF YOU DO NOT HAVE AN ADVANCE HEALTH CARE DIRECTIVE, start one today! Visit our website to find one for your state.

If you do have an advance health care directive such as 5-Wishes or Living Will, be sure to provide your doctor with copies of all documents.

We offer free classes and workshops for our communities and courses, certifications, and programs for students and health care professionals.

VISIT OUR WEBSITE TO LEARN MORE!

www.csupalliativecare.org