

## Advance Care Planning

Advance Care Planning is the process of thinking and talking about future medical decisions if you had a sudden event, like a car accident or illness, and could not make your own decisions. The best time to make these decisions is when you can choose for yourself.

## Health Care Agent

A Health Care Agent is the person you choose to make medical decisions on your behalf if you are unable to make your own decisions. Discussing and sharing your wishes with your Health Care Agent is important.

## Advance Directive for Health Care

An Advance Directive is a written plan that names your Health Care Agent and allows you to provide instructions for health care treatments based upon your values and what is important to you.

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*For more information about Advance Care Planning or for help creating an Advance Directive for Health Care, contact your health care team or Honoring Choices® Idaho.*

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## What is CPR?

Cardiopulmonary resuscitation or CPR is a procedure used when your heart or breathing stops. CPR includes mouth-to-mouth breathing or a breathing tube to help get oxygen into your body and deep pushing on your chest to move blood. Electric shock (defibrillation) to the heart or medicines may also be used.

## What does CPR feel like?

Because most people are unconscious during CPR, most do not feel it. However, the procedure is intense, invasive and may cause suffering. Deep compressions can break ribs, cause bruising, and injure internal organs.

## What happens after CPR?

If you survive, you may return to your current health. You may also experience complications, including:

- Weakened lungs where you might need a ventilator (breathing machine).
- Bruised or broken ribs from the chest compressions.
- Possible brain damage because your brain did not get enough oxygen which may result in little chance of returning to the quality of life you had before.

## Will CPR work for you?

Talk with your health care provider about how well CPR would work for you. Some things to consider:

- CPR works best if your body is healthy and the procedure is started right after your heart stops.
- CPR is less likely to be successful if you are weak, elderly, or have a serious illness or condition that cannot be cured.
- For adults, less than 20% of people who receive CPR outside a hospital survive (American Heart Association).
- CPR does not fix or improve the reason that caused a person's heart to stop beating.

