

## STAMP ASSESSMENT

### TALKING ABOUT QUALITY OF LIFE

1. Some people believe that having a good quality of life would be more important than living as long as possible. They think about quality of life as being able to do the things they want to do or not being a burden on their loved ones. Other people want to live as long as possible no matter how bad their quality of life may be. This is thinking about quality versus quantity of life. Have you ever thought about quality versus quantity of life?
- Yes 1  
GO TO Q. 2a ←No 2
- 1a. Have you talked about your thoughts about quality versus quantity of life with a loved one?
- GO TO Q. 1b ←Yes 1  
GO TO Q. 1c ←No 2
- 1b. When did you do this?
- GO TO Q. 2a ←Within the past 6 months 1  
GO TO Q. 2a ←More than 6 months ago 2
- 1c. How ready are you to talk to a loved one about your thoughts about quality versus quantity of life?
- I am not thinking about talking to my loved ones in the next 6 months 1  
I am thinking about talking to my loved ones in the next 6 months 2  
I am planning on talking to my loved ones in the next 30 days 3

### HEALTH CARE AGENT

- 2a. Naming a healthcare agent means that you have decided on the person that you want to make medical decisions for you if and when you are unable to do so yourself. It also includes filling out a form stating that this person is your choice to be your healthcare agent. Have you filled out a form naming a healthcare agent?
- Yes 1  
GO TO Q. 2j ←No 2
- 2b. When did you do this?
- Within the past 6 months 1  
More than 6 months ago 2
- 2c. What is your relationship to your healthcare agent?
- Spouse 1  
Parent 2  
Child 3  
Son or daughter-in-law 4  
Sibling 5  
Other relative 6  
Friend 7  
Clergy Member 8  
Other 9

2d.	Have you provided a copy of your healthcare agent form to your doctor's office?	Yes	1
		<b>IF 'NO', GO TO 2i</b> ←No	2
2e.	How long ago did you do this?	Within the past 6 months	1
		More than 6 months ago	2
2f.	Have you made sure that your healthcare agent form has been put into your electronic medical record?		
		<b>IF 'YES', GO TO 2g</b> ←Yes	1
		<b>IF 'NO', GO TO 2h</b> ←No	2
2g.	How long ago did you do this?	<b>GO TO LIVING WILL (Q. 3)</b> ←Within the past 6 months	1
		<b>GO TO LIVING WILL (Q. 3)</b> ←More than 6 months ago	2
2h.	How ready are you to make sure that your healthcare agent form has been put into your electronic medical record?		
		I am not ready to make sure my healthcare agent form has been put into my record in the next 6 months	1
	<b>GO TO LIVING WILL SECTION (Q. 3)</b>	I am thinking about making sure in the next 6 months that my healthcare agent form has been put into my record	2
		I am planning to make sure in the next 30 days that my healthcare agent form has been put into my record	3
2i.	How ready are you to provide a copy of your healthcare agent form to your doctor's office?		
		I am not ready to provide my doctor's office with my healthcare agent form in the next 6 months	1
	<b>GO TO LIVING WILL SECTION (Q. 3)</b>	I am thinking about providing my doctor's office with my healthcare agent form in the next 6 months	2
		I am planning to provide my doctor's office with my healthcare agent form in the next 30 days	3
2j.	How ready are you to name a healthcare agent?		
		<b>GO TO Q. 2k</b> ←I am not thinking about naming a healthcare agent in the next 6 months	1
		I am thinking about naming a healthcare agent in the next 6 months	2
		I am planning to name a healthcare agent in the next 30 days	3

2k. Keep in mind that a healthcare agent can be anyone you trust to make medical decisions for you. This person can be a family member or a friend or someone else who might help to manage your affairs. Can you think of someone who could be your healthcare agent?

**GO TO 3 ←Yes** 1

**GO TO 2I ←No** 2

2l. Which of the following best describes your situation?

I have family and/or friends, but it is too hard to talk to them about making medical decisions for me 1

I have family and/or friends, but I cannot trust that they would be able to make the right medical decisions for me 2

Both previous responses are true 3

I really do not have anyone who could be my healthcare agent 4

**LIVING WILL**

3. A living will is not the same as a regular will. A living will is a form that says what, if any, life-support treatments a person would or would not want to get if their condition is near death or if they cannot speak for any reason. Have you made out a living will?

Yes 1

**GO TO Q. 3g ← No** 2

3a. When did you do this?

Within the past 6 months 1

More than 6 months ago 2

3b. Have you provided a copy of your living will to your doctor's office?

**GO TO Q. 3c ←Yes** 1

**GO TO Q. 3f ←No** 2

3c. How long ago did you do this?

Within the past 6 months 1

More than 6 months ago 2

3d. Have you made sure that your living will has been put into your electronic medical record?

Yes 1

No 2

3e. How long ago did you do this?

Within the past 6 months 1

More than 6 months ago 2

- 3f. How ready are you to provide a copy of your living will to your doctor's office?
- I am not ready to provide my doctor's office with a copy of my living will in the next 6 months 1
  - I am thinking about providing my doctor's office with a copy of my living will in the next 6 months 2
  - I am planning to provide my doctor's office with a copy of my living will in the next 30 days 3
- 3g. How ready are you to complete a living will?
- I am not thinking about completing a living will in the next 6 months 1
  - I am thinking about completing a living will in the next 6 months 2
  - I am planning to complete a living will in the next 30 days 3

### REASONS TO DO ADVANCE CARE PLANNING

How strongly do you agree that:	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
1. it would be hard to do advance care planning because I don't like thinking about being very ill.	1	2	3	4	5
2. doing advance care planning would simplify how decisions would be made if I were very ill.	1	2	3	4	5
3. it would be hard to do advance care planning because I cannot face the fact that I am going to die.	1	2	3	4	5
4. I don't want to talk with loved ones about end-of-life decisions.	1	2	3	4	5
5. doing advance care planning would make it easier on my loved ones.	1	2	3	4	5
6. it would be hard to do advance care planning because there are too many options to consider for my end-of-life care.	1	2	3	4	5
7. understanding my wishes would help my loved ones to ensure I get the care I want.	1	2	3	4	5
8. I would feel better knowing I have done what I can to plan for my future.	1	2	3	4	5

How strongly do you agree that:	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
9. advance care planning would go against my lifestyle of taking one day at a time.	1	2	3	4	5
10. doing advance care planning would give me peace of mind.	1	2	3	4	5
11. advance care planning would help me to keep control over what happens to me at the end of life.	1	2	3	4	5
12. it doesn't make sense to do advance care planning because my wishes for my end-of-life care might change.	1	2	3	4	5

### YOUR ATTITUDES TOWARD ADVANCE CARE PLANNING

How strongly do you agree that:	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
1.. if you fill out a document such as a living will, the doctors are more likely to 'pull the plug' too soon.	1	2	3	4	5
2. if you think or talk about bad things like getting sick, then this is more likely to happen to you.	1	2	3	4	5
3. advance care planning would interfere with the plans that the lord has for me.	1	2	3	4	5
4. there is no need for me to do advance care planning because if I am made to suffer, then there must be a good reason for it.	1	2	3	4	5
5. planning for the future medical care only makes sense for those who are much older or sicker than I am.	1	2	3	4	5

How strongly do you agree that:	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
6. there is no need for me to do advance care planning because once you reach a certain age, the doctors aren't going to use machines.	1	2	3	4	5
7. there is no need for me to do advance care planning because I will always be able to make my own treatment decisions.	1	2	3	4	5
8. there is no need to do advance care planning because my doctor knows what I want for my end-of-life care.	1	2	3	4	5

### **STEPS TOWARD ADVANCED CARE PLANNING**

Here are many strategies that can affect your ability to plan for your future medical care in the ways we have been discussing.

Please rate how often you have thought, felt, or done the following things. Please choose **only one** of the following for each question: Almost never, once in a while, sometimes, often, or almost always.

**In the past 30 days, HOW OFTEN did you think, feel, or do the following things:**

		Almost Never	Once in a while	Sometimes	Often	Almost Always
1.	I looked for information on advance care planning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	Doing advance care planning makes me feel like a person who cares about my loved ones.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	I can count on my loved ones to help me with advance care planning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	I think about information people have given me on advance care planning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	I think of myself as someone who can reduce suffering for me and my family by doing advance care planning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	My loved ones will support me as I do advance care planning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		<b>Almost Never</b>	<b>Once in a while</b>	<b>Some- times</b>	<b>Often</b>	<b>Almost Always</b>
7.	I remember information people have given me on the need for advance care planning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	The thought of having an advance care plan makes me feel good about taking responsibility for my healthcare.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	There is someone I can talk to about doing advance care planning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## My Personal Report for Advance Care Planning

### What is Advance Care Planning?

- Preparing you and your loved ones for making medical decisions in the future if you cannot speak for yourself.
- Taking control of your own healthcare – getting your medical house in order– taking the burden off of your loved ones.
- To do this, you:
  - Decide how you feel about balancing quality versus quantity of life, including the use of machines to prolong life.
  - Put a plan in place, so that you can get the kind of care you want.

### What are the Steps of Advance Care Planning?

- Choose the person you think can best make healthcare decisions for you if you were not able.
- Talk to this person about your views on quality versus quantity of life and other wishes you may have about the care you would and would not want to receive if you were very sick.
- Fill out both a living will and a healthcare agent form.
- Make sure that both your living will and healthcare agent forms are in your electronic medical record.

### Why do I need to do Advance Care Planning?

- When people get very sick, they often cannot make or state their own decisions.
- While most of us hope to die in our sleep, the fact is that people can get sick in unexpected ways that need hard decisions to be made.
- Doing this before you must face hard medical situations can be easier than waiting until you get sick.



## What if it is too hard to think about getting very sick and dying?

- Remind yourself that making an Advance Care Plan can ease the burden for your loved ones.
- You can do this in small steps. Many people find that doing this isn't as bad as they imagined.

## How Ready Are You?

This figure shows you how ready you are to do each of these steps towards your Advance Care Plan.



Your forms are:	at MD Office	in Medical Record
Healthcare Agent	-	-
Living Will	✓	-

You told us that you are:

- Last time you were not ready to talk to your loved ones about quality versus quantity of life, and now you are thinking about talking with them. That's progress!
- Last time you were not ready to name your healthcare agent, and now you are thinking about it. That's great!
- Just like last time, you have completed your living will.

Good for you for finishing one of the steps toward your Advance Care Plan and for getting ready to take some more steps. Moving forward with any of these steps will help you keep making progress. Since you have already started, you may find that the next steps get easier.

## How Planning Can Help You



People who have done their plan tell us these benefits are important to them. Notice how many of these are also important to you:

- You would be taking charge of what happens to you in the future.
- You would be getting important affairs in order.
- You would feel more confident that you would get the healthcare that you would want.
- Your loved ones will be less stressed making decisions when they know your wishes.

## Next Steps For You



Since you are thinking about/planning on talking to your loved ones about quality versus quantity of life and naming a healthcare agent, here are a few things you can do to help you move forward:

- Plan ways you can ask someone to be your healthcare agent. **Page 3** in the booklet, ***Participating in Advance Care Planning: Part 2*** gives you ideas for how you can start the conversation.
- You can also give the pamphlet, ***A Guide for Surrogate Decision Makers*** to the person you would like to be your agent.
- Look at **page 5** of the booklet for tips about how to start a conversation with your agent about your values and wishes.
- Also ask yourself the questions on **page 6** of the booklet and think about your answers. These will help you be very clear about your values and wishes.
- Make your healthcare agent official by naming that person on the healthcare agent form.
- Remind yourself that, by taking these steps, you are reducing the burden on your loved ones.

Having already completed your living will forms, you have already thought some about how you would want to be taken care of if you got very ill. Also, you are already familiar with many of the things you will need to do to complete your healthcare agent form.

- If you talk to your loved ones about what you want, they will know how to make decisions for you. This is because the doctors are probably going to

ask them to make decisions about your care if you cannot speak for yourself. People tell us they feel less stressed during and after these decisions if they have already had these conversations.

- Completing the healthcare agent form will then make it clear to the doctors whom they should ask to make the decisions.

Since you have filled out your living will and brought it to your doctor's office, you only have to do one more thing to make sure this form will be there when needed. This is to make sure that the form has been put into your medical record. It's important to do this because your doctor's office has to deal with so much paper. It's up to you to check to make sure that the forms are where they need to be. Here is how you can get this done:

- Make a time to call your doctor's office.
- Ask to have someone check to make sure that your form has been put into your medical record.

## Your Summary

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Thank you for reading this report about Advance Care Planning. We hope you have found it helpful in providing some support and sparking new ideas about how care planning can help you. The booklets have more information and stories that may answer any questions you may still have. When you're ready, taking some of the next steps towards your Advance Care Plan can help you take control of your medical care and take care of your loved ones at the same time.

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