



**Saint Vincent**  
Hospital

## Conversations Across the Lifespan

### *Prepare yourself*

- Plan your approach. Knowing yourself and your loved one(s), decide on how you will start the conversation. You may choose to be direct or indirect. Having an idea of the questions you will be asking is a great starting place.
- Enter into the conversation when there is adequate time for discussion. Avoid a time when you or your loved one(s) are feeling rushed or tired.
- Keep the conversation open and honest and avoid confrontation.
- Educate yourself on issues facing aging adults. In addition to medical care, elderly adults may need assistance with living arrangements and financial management.
- Starting the conversation is the most important piece. Your loved one(s) may need time to think of what their wishes are and also to locate the items you may be asking for.
- Realize that this may need to be a conversation that occurs more than once.

### *In this Packet*

- Getting Started
- Frequently Asked Questions
- Advanced Care Planning Terms
- Communication Guide
- Personal Medical Records
- Things to Remember
- Power of Attorney
- A special Medical Records card to be posted on your refrigerator