

REAP©
Short Form
Readiness to Engage in “Advance Care Planning”

Advance Care Planning is the process of preparing for your future medical care.

There are so many options in health care today, and making your own choices is very important. An Advance Care Plan is the best way to leave your directions for your future healthcare. This is especially important in the event that you are too ill to make decisions or to speak for yourself, then others, - usually doctors or relatives - will be forced to make critical choices for you.

Making an advance care plan – or ACP – will help you think about the medical care options you would prefer, as well as the medical treatments you would *not* want. ACP is a way to discuss treatments, values, and preferences with those important to you as well as your medical providers. You can also select a person you know and trust to make health care decisions for you if you are unable to make them yourself. The final step of ACP is a *written document* of your preferences, instructions, and the name of the person you choose to make healthcare decisions for you in the future if ever needed.

Question:

Have you completed an Advance Care Plan according to the above definition?

1. YES
2. No, but I plan to do one in the next 30 days.
3. No, but I plan to do one in the next 6 months.
4. No, and I do not expect to complete one.