**Resources to Assist You in Having Essential Conversations**

**Planning for Your Care and the Care of Your Loved Ones**

Talking about serious illness and medical treatment options can be hard, but they are also empowering. Patients are often relieved to be asked about their values and wishes, and family, loved ones, and medical staff can be prepared to honor those values and wishes.

- The CA Coalition for Compassionate Care has resources to help you and the person you’re caring for to talk about and make a care plan.
  - The CA Coalition for Compassionate Care: COVID Conversations Toolbox
  - Finding Your Way: When Medical Decisions Count the Most
  - Como Encontrar Su Camino: Las Decisiones Medicas Cuando más Importan
  - Decision Aids on Ventilation and CPR
  - Information on Advance Directives

- University of California-San Francisco offers Prepare for Your Care guides, tips, checklists, and other resources to help people plan for their care during sickness and end-of-life. It ensures that people’s wishes are met and they and their families are prepared. Tip sheets are available in English and Spanish.
  - English Prepare For Your Care During COVID-19
  - Hacer un plan médico durante el COVID-19

**Hospice Giving Foundation** has created a short animated video on advance care planning.

**Go Wish:** Go Wish is a card game that helps you find words to talk about what is important if you were to be living a life that may be shortened by serious illness.

**What is Palliative Care?** For information on what palliative care is and how you can get it can be found [here](#).

For more COVID-19 & Older Adult Resources, visit www. Aging.ca.gov and www.covid19.ca.gov