

Please consider the following possible treatments when deciding the Goals of Care you may not want:

CPR: Involves squeezing and electrical shock to the chest, using a respirator, and inserting drugs through a needle into a vein. In an elderly person with other health care problems, an aggressive procedure such as this is not recommended and often not successful. It may result in broken ribs or, rarely, in permanent coma.

Intubation or Assisted Ventilation: Used when a person cannot breathe. A tube is placed into the throat into the lungs, and respirator is used.

Dialysis: This cleans the blood if kidney's are not working. Involves putting a large needle into a major vein and being connected to a kidney machine for several hours at a time. Requires hospitalization.

Emergency Surgery: involves a wide range of procedures and always requires transfer to hospital.

Intravenous Therapy/Blood Transfusion: Fluid hydration or blood given through a needle inserted into a person's vein.

Tube Feeding: putting a tube into a person's stomach. A high protein, high caloric liquid is fed through the tube.

We hope the information provided was helpful in making an informed decision about the care of your loved one. If more information is needed, or you have questions regarding the Goals of Care or a Health Care Directive, please feel free to speak to a nurse, Resident Care Manager, Social Worker or Doctor.

We will have a discussion with you about these levels at the time of admission, at Care Conferences throughout your loved ones stay with us, and other times as needed.



Our commitment...
To provide Christ-centred care embracing the values of **compassion, dignity, excellence and faith.**

Advanced Care Planning: **Goals of Care**

Information Brochure

Assisting you in making health care decisions for your loved one



The purpose of this pamphlet is to assist you in making informed health care decisions for your loved one.

At Salem Home we believe that each person is created in the image and likeness of God and thereby is equal in worth and dignity to all other persons.

We believe that each resident, who chooses to die in our care, should be cared for in a way that respects the worth and dignity of the human person.

A **Health Care Directive** allows you to express your wishes about the amount and type of health care and treatment you want to receive should you become unable to speak or otherwise communicate this yourself.

A **Health Care Proxy** is someone you choose and name in your signed Health Care directive to act for you in the event you are not able to make such judgements and speak on your own behalf.

A **Health Care Representative** is similar to a Health Care Proxy in that they speak on your behalf, but you have not signed a document designating them as such.

The task of making health care decisions for a loved one is not an easy one. There are many things that need to be considered such as the wishes of the individual, their quality of life, other ailments or diseases, and religious or spiritual beliefs. Following are a few questions to consider when making health care decisions for your loved one.

Questions to consider:

- If your loved one were to be diagnosed with an incurable disease would she/he want to be sent for tests and treatments to prolong their life, even though the condition cannot be reversed?
- If their heart stopped beating, would she/he want an attempt to be made to start the heart again? Would they want to receive treatment such as dialysis, blood transfusions, or major surgeries?
- If there comes a time when they can no longer eat or drink because their body is shutting down, would she/he want to be transferred to the hospital for intravenous (IV) therapy even though it would not improve her/his long-term condition?
- If your loved one can't get enough nutrition by mouth, should a feeding tube be used if it will keep the person alive? If yes, at what point would you decide to discontinue this tube feeding?

There are three **Goals of Care:** **Comfort care, Medical Care and Resuscitation.**

You will be asked to choose one for your loved one, based on her/his wishes.
It is a guideline.

Comfort Care

- Treatment for reversible conditions such as infections, pneumonia, choking and fractures/breaks.
- Transfer to hospital for x-rays when fracture or break is suspected.
- Pain management and maximizing comfort.
- Focus is on quality of life.
- Medical treatments at Salem Home include regular doctor visits, nursing interventions and assessments, medications, blood and urine tests, treatments for infections, and pain management.

Medical Care

- Includes all treatment under Comfort Care
- Focus is on aggressive treatment of irreversible conditions (cannot be cured but treated aggressively to prolong life).
- Treatments may include tube feeds, dialysis, blood transfusions, IV's.
- Treatment would take place in the hospital.

Resuscitation

- Includes all treatments under Comfort and Medical Care.
- Includes CPR (an attempt made to start the heart once it has stopped).