

## **Welcome to Life Care Planning**

Hello I'm Dr. Jaya Francis. Welcome to Life Care Planning Online.

As a physician I believe it's important for patients to have a say in their medical care. Everyday I help my patients make important decisions I also encourage them to think about what they would want in situations when they're not able to make decisions for themselves. To prepare for these situations two of the most important choices you can make now are: who would speak for you if you can't speak for yourself and what would you want that person to say?

This website is designed to help you think through these important questions. I encourage you to explore the site both on your own and together with the person you choose to speak for you, your agent. You'll encounter questions and exercises that will help you clarify your values and how they relate to planning for your future healthcare decisions.

Planning will include four things: First, reflecting on your personal experiences and what matters most to you. Second, selecting someone to speak on your behalf, your agent. Third, speaking with your agent about the choices you would make for future healthcare and fourth sharing your wishes with your agent, other loved ones and your doctor at Kaiser Permanente.

As you complete the exercises on this website remember there are no right answers to the questions that will be asked. What is important is what matters most to you.