



PREPARE™



PARTNERING WITH PREPARE

PREPAREforYourCare.org

| What is PREPARE?

The [PREPARE program](#) is one of the nation's leading multilingual, evidence-based, advance care planning (ACP) programs. Founded in 2013, PREPARE includes resources to prepare patients and caregivers for medical decision making. The program also includes easy-to-read advance directives and tools to help clinicians and health plans provide care aligned with patients' goals.

PREPARE helps patients and caregivers make informed decisions, increases the likelihood that their values and wishes will be honored, reduces decision making burden on families, and reduces moral distress among clinicians.




PREPARE™
for **YOUR** care

Have a Voice In Your Medical Care

This step-by-step program makes it easy with video examples

Click here to do [YOUR OWN](#) medical planning



PREPARE™
for **THEIR** care

Help Other People

Click here to learn how to help [OTHER PEOPLE](#) with their medical planning and decisions

New!



Advance Health Care Directive

This form lets you have a say about how you want to be cared for if you cannot speak for yourself.

This form has 3 parts:

- Part 1 Choose a medical decision maker, Page 3**
A medical decision maker is a person who can make health care decisions for you if you are not able to make them yourself. This person will be your advocate. They are also called a health care agent, proxy, or surrogate.
- Part 2 Make your own health care choices, Page 7**
This form lets you choose the kind of health care you want. This way, those who care for you will not have to guess what you want if you are not able to tell them yourself.
- Part 3 Sign the form, Page 13**
The form must be signed before it can be used.

You can fill out Part 1, Part 2, or both.
Fill out **only** the parts you want. Always sign the form in Part 3.
2 witnesses need to sign on Page 14, or a notary on Page 15.

Your Name _____

PREPARE
www.prepareforyourcare.org

| PREPARE's Benefits



Meets evolving ACP needs

The field of ACP is evolving to holistic care planning across the life course with a focus on preparation of patients and caregivers for communication and medical decision making.^{1,2} PREPARE meets this evolving need.



Evidence-based

PREPARE is the only patient-directed ACP program that has been tested through multiple randomized trials and gone through the rigorous process to be designated as an [Evidence-Based Program](#) by the National Council on Aging. PREPARE is based on [20 years of research](#) by [Dr. Rebecca Sudore](#) at The University of California San Francisco (UCSF).³⁻⁷



Reduces Disparities

PREPARE was created with input from culturally diverse populations. Across multiple studies, PREPARE has been proven to decrease health disparities in ACP and empower patients and caregivers/surrogate decision-makers to speak up about their and their loved one's medical wishes.³⁻⁸



Multi-lingual

PREPARE advance directives are legally compliant in all 50 states and Washington, D.C. They are available in English and have been translated and culturally adapted in Spanish in all U.S. states, with a growing number of state compliant documents in Chinese and other languages.^{3,8} The PREPARE for YOUR Care online program is available in English and Spanish.



Accessible

PREPARE directly addresses limited health and digital literacy, language concordance, and visual, hearing, and cognitive impairment.⁸



Easier for clinicians

PREPARE primes patients and their family members to have high-quality conversations with clinicians.⁹ The program also includes talking points to help clinicians navigate conversations effectively in less time. In randomized control trials, PREPARE for YOUR Care resulted in 50% more engaged patients who were able to bring in their own PREPARE advance directives and initiate ACP conversations, reducing burden on clinical care teams.^{6,9}



Supports caregivers

PREPARE for THEIR Care is designed to decrease the distress of surrogate decision making.^{10,11} The program helps caregivers start ACP conversations with loved ones, advocate for their loved one's values and wishes, and make medical decisions for other people.



| PREPARE Offerings

PREPARE has a growing number of offerings for patients, caregivers, interdisciplinary clinicians, and community-based organizations. For a full list of offerings, please see the [Materials page](#).

PREPARE for YOUR Care



Our interactive online, step-by-step program is designed to prepare people for goals of care conversations throughout their lives, adapting as circumstances change. It guides participants through the five essential steps necessary for high-quality ACP: choose a decision maker, decide what matters most in life, choose flexibility for your decision maker, tell others about your wishes, and ask medical providers the right questions.

The program includes “how to” video examples, question guides, and program pamphlets. In [randomized trials](#) with over 1400 English and Spanish-speaking older adults, PREPARE helped 98% of participants engage in ACP (including surrogate designation, conversations, and advance directives) and increased ACP documentation in the medical record from 8% to 43%.^{4,5} PREPARE has also been shown to increase real-time goal concordant care and to prime patients for primary care visits.^{6,7,9}

PREPARE for THEIR Care



Our online, step-by-step caregiver program is designed to help caregivers start ACP conversations with family and friends and support caregivers in making medical decisions for others. It guides participants on how to help other people with their medical planning, when people can still speak for themselves. It also guides participants on how to make medical decisions for other people, when people cannot, or do not want to, speak for themselves. The program was launched in 2023 and includes “how to” video examples and program pamphlets.

PREPARE Nationwide Advance Directives



Our legally compliant, easy-to-read, advance directive forms are available in English and Spanish for all U.S. states, with a growing number in Chinese. For California, PREPARE advance directives are available in 11 languages: English, Spanish, Chinese, Arabic, Armenian, Farsi, Khmer, Korean, Russian, Tagalog, and Vietnamese. In a randomized trial, the easy-to-read, redesigned PREPARE advance directive (i.e., 5th grade reading level with pictures) was preferred by over 99% of English and Spanish speaking older adults and resulted in higher six-month completion rates.³

Provider and Community Organizations Scripts & Toolkits



We offer a range of tools, including PREPARE Group Movie Events Toolkits, pamphlets, and clinician scripts designed to assist providers and community organizations in initiating ACP discussions and preparing people for goals of care conversations.



| Why Now?

Millions of older adults and their caregivers will face medically and emotionally complex decisions as they manage chronic and serious illness over the life course, yet over 80% are unprepared.¹² This lack of preparation often leads to uninformed decisions and care that is inconsistent with personal goals, especially for individuals with limited health literacy and English proficiency. Consequently, patients and caregivers may endure needless clinically and emotionally traumatic experiences. Furthermore, the situation fuels dissatisfaction with medical care and exacerbates caregiver distress, burden, and post-traumatic stress disorder (PTSD).¹² However, this norm does not have to remain the status quo. There has never been a greater need, and greater opportunity, to scale high-quality advance care planning.



New regulatory requirements

New regulatory requirements require that health systems and health plans offer ACP services. PREPARE ensures compliance with these regulations and provides the assurance of offering the highest quality, evidence-based advance directives and ACP tools to patients and members.



Caregiver burden

Caregivers are experiencing high levels of anxiety, depression, and burden. Advocating for loved ones' values and wishes and surrogate decision-making can be a significant source of hardship. The PREPARE program reduces this burden for caregivers.



Health disparities

Communities of color, individuals with limited health literacy, and those who are non-English speaking are often treated with less dignity and respect and are not provided cultural-, literacy-, and language-appropriate ACP information. This has resulted in lower ACP rates among these individuals. PREPARE has proven to reach and reduce disparities for these communities.



Clinician burnout

Clinicians are experiencing burnout at a high rate, accelerated by the COVID pandemic. As of 2021, 63% of physicians reported symptoms of burnout, up from 38% in 2020. Few clinicians are trained in having conversations about patients' wishes and values and incorporating these wishes into medical decisions. PREPARE makes it easier for clinicians to have these conversations by priming patients for conversations.



Partnering with PREPARE

Please join us in scaling high-quality advance care planning to the millions of older adults, and their caregivers, who need help making medically and emotionally complex decisions through using PREPARE materials to enhance and improve your ACP programs.

What Our Partners Are Saying

“PREPARE is the gold standard of ACP.”

— HEALTHCARE LEADER

“It breaks it down into doable actions, instead of walking into a fog of what ACP is all about.”

— PATIENT

“Patients come to their visits prepared, making ACP easier and more efficient.”

— CLINICIAN

“After seeing examples on the website, deciding on my own wishes is a lot easier for me now.”

— PATIENT

Ways to use PREPARE



1. Share the PREPAREforYourCare.org URL or print PREPARE materials directly from the PREPARE website to distribute for personal use.

✔ License not required



2. Co-brand and integrate a subset of PREPARE materials into your ACP activities.

➤ Standard PREPARE License required



3. White-label, customize, and integrate the full suite of PREPARE materials for your ACP activities.

➤ Powered by PREPARE License required



4. Use PREPARE material in Research and Quality Improvement (QI). See [Materials](#)

➤ PREPARE Research/QI License required



Licensing Options

Licensing PREPARE not only saves you time but ensures that you are using high-quality, evidence-based, and legally valid patient-facing ACP materials from one of the most respected research teams and institutions in the country.

Standard PREPARE License:








Grants the use of PREPARE Advanced Directives, Pamphlets, and Toolkits on your technology platforms with the option to add your institution's logo.

Powered by PREPARE License:

Authorizes the use of the complete suite of [PREPARE materials](#) into your workflows and technology platforms. Also enables the use of PREPARE's intellectual property to create derivative works.

Research & Quality Improvement (QI) PREPARE License:

Allows for the utilization of PREPARE assets in research and QI initiatives.

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INTEGRATE: Allows your institution to integrate PREPARE materials into your technology platforms (such as websites, EHR, and patient portals) and into your existing workflows.			
CO-BRAND: Allows your institution to display its brand in conjunction with the PREPARE brand.			
CUSTOMIZE: Offers the flexibility to customize the entire collection of PREPARE materials to suite your specific requirements: <ul style="list-style-type: none"> ■ Create the look and feel that resonates with your users ■ Use terminology that aligns with your organization's language ■ Enhance your existing ACP program by leveraging components of PREPARE 			
WHITE-LABEL: May permit the exclusive use of your institution's logo and branding, without featuring the PREPARE logo.			
RESEARCH: Authorizes the use PREPARE materials for research purposes and quality improvement initiatives.			

**Revenue generated from licensing is reinvested to support ongoing PREPARE program innovation and to maintain accessibility to the public for personal use.*



PREPARE Materials

PREPARE for YOUR Care Materials

PREPARE for YOUR Care [Easy-to-read Advance Directives](#) (PDFs and InDesign files):

- English in 50 states +DC
- Spanish in 50 states +DC
- Chinese in 13 states including CA, DC, FL, HI, IL, MD, MA, NJ, NY, PA, TX, VA & WA
- Arabic, Armenian, Farsi, Khmer, Korean, Russian, Tagalog, Vietnamese in CA only

PREPARE for YOUR Care [Pamphlet](#):

- Pamphlet (PDFs and InDesign files) in English, Spanish and Chinese

PREPARE for YOUR Care [Easy-to-read Advance Directive Videos](#) (MP4, SRT files):

- 15 Videos in English and Spanish

PREPARE for YOUR Care [Movies](#):

- 5 “Step” Movies in English and Spanish; includes website content in movie module format
- Group Session/Movie events guide (PDFs and InDesign files)

Question Guide: Includes questions from the website, used to follow along with the Step Movies; answers can help participants complete advance directives

PREPARE for THEIR Care Materials

PREPARE for THEIR Care [Pamphlets](#):

- 2 pamphlets in English (PDFs and InDesign files)

PREPARE for THEIR Care [Videos](#):

- 17 Videos in English that address 2 main topics:
 - How to help other people with their medical planning
 - How to make decisions for other people

Materials for Providers and Organizations

PREPARE [Toolkits](#):

- How to use PREPARE for YOUR Care
- PREPARE Informational Slide Set
- PREPARE Quick Start Guide for users
- PREPARE Simple Scripts for interdisciplinary providers
- PREPARE Movie/Group Event Toolkits
- PREPARE Advance Care Planning Toolkits with scripts to start advance care planning conversations and use PREPARE materials
- PREPARE and advance care planning Engagement Guide for Community and Healthcare Organizations

Validated [Advance Care Planning Survey](#):

- Four-item, validated, engagement survey, with scoring and analysis information to measure the effect of interventions in research and quality improvement

Note: Standard PREPARE License includes Advanced Directives, Pamphlets, Toolkits and the Advance Care Planning Survey. PREPARE Videos and Movies are only included in the Powered by PREPARE License Option.



About Dr. Rebecca Sudore, PREPARE Founder



Dr. Rebecca Sudore

Geriatrician, Palliative Medicine Physician,
Clinician Investigator, and PREPARE Founder

Dr. Rebecca Sudore is a geriatrician, palliative medicine physician, and clinician investigator. She is a Professor of Medicine at the University of California San Francisco, directs the Innovation and Implementation Center in Aging & Palliative Care (I-CAP), directs the Vulnerable Populations Aging Research Core of the NIA-funded Pepper Center, and holds an NIH Mentoring Grant to help mentor the next generation of interdisciplinary aging and palliative care researchers and experts.

Dr. Sudore conducts research to improve advance care planning (ACP) and medical decision making for culturally and ethnically diverse older adults. Dr. Sudore has dedicated her research program to making medical information easier for patients and their families to understand. She published the first prospective study demonstrating the association of limited literacy with mortality in the elderly and has shown that older adults with limited literacy have greater difficulty making medical decisions for informed consent and advance care planning.

Although her easy-to-read advance directives have been translated and widely disseminated, her further research demonstrated that advance directives alone are not enough—patients and families need better preparation for communication and medical decision making. She published a paper in the *Annals of Internal Medicine* calling for a shift in advance care planning from DNR/DNI checklists to preparing patients and their loved ones for communication and medical decision making. Her work has shown that “new and improved” ACP focused on preparing patients and caregivers enables people to receive medical care that is consistent with their values, goals, and preferences; increases satisfaction with medical care and medical decision making; and decreases caregiver distress and burden.





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