**Making a Medical Plan During COVID-19**

**We are all in this together. You can do your part by making a medical plan.**

**This plan can help you, your family, friends, and your medical providers**

1. **Choose a Medical Decision Maker**

* This person will speak for you if you cannot speak for yourself
  + They can make sure your doctors know about the care you want
  + Keep their phone number on hand
  + If able, choose a back-up medical decision maker
* A good medical decision maker is someone who:
  + Can talk to the doctors for you in person or by phone
  + You trust to follow your wishes and what is best for you
* Let your medical decision maker know they were chosen
  + This website can show you how: [prepareforyourcare.org](http://www.prepareforyourcare.org)

1. **Share Your Wishes:** **This is MOST important**

* What is most important in your life? Family, pets, hobbies, etc.?
* If you know what you want for your medical care, share this now
* Talk with your family, friends, and medical providers about the care you want
  + This website can show you how: [prepareforyourcare.org](http://www.prepareforyourcare.org)
* You can share what you want by phone and/or a selfie video
  + You can also talk to others by video call: [Click here to learn more](https://techcrunch.com/2020/03/23/the-best-video-chat-apps-to-turn-social-distancing-into-distant-socializing/)

**3. Consider an advance directive**. **This form allows you to name your decision maker and write down what you want for your medical care**

* If you have an advance directive, find it, review it, and share it
* To get a form go here: <https://prepareforyourcare.org/advance-directive>
  + It is OK if you can’t sign it or get witnesses right now
    - Reading it can still help you learn a lot about your wishes
    - Filling out parts of it can still help your family and providers
* You can scan/fax (the most secure), email, or even send pictures of the form from your cell phone to those you trust

**To learn more about COVID-19, medical decisions, and patient advocate resources, see below.**

**Coronavirus (COVID-19) planning may be different from what you are used to:**

* You may not be able to talk to your regular doctor in person, only by phone
* Many people are getting very sick and going to the hospital
* If you need to go to the hospital:
  + Your family may not be allowed to visit you. Remember your phone and charger. Pack a bag with essentials like glasses, hearing aids, toothbrush, and a book.
  + You may be taken to a different hospital than where you get your care
* People with COVID-19 may get so sick they need a [breathing machine (ventilator)](https://coalitionccc.org/wp-content/uploads/2019/01/Ventilator-2018-WEB.pdf) for many weeks in the ICU. They cannot talk when on the machine.
  + Even with a breathing machine, many people will not survive
  + For people who survive, their health and quality of life may never be the same

To learn about COVID: Go to this [San Francisco website](https://sf.gov/information/outreach-toolkit-coronavirus), the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/index.html) or watch this [video](https://acpdecisions.wistia.com/medias/rgbuphegzi)

To learn about medical decisions, such as a [breathing machine or CPR go here](https://coalitionccc.org/tools-resources/decision-aids/)

To learn about help for [food, shelter, or bills go here](https://www.uchastings.edu/wp-content/uploads/2020/03/Addressing-Social-Needs-During-Pandemic-PDF.pdf) for California or this [national resource](https://www.npaf.org/)

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