

# BECAUSE YOU CARE:

*A guide to helping complete  
the MOST Form*



# Today's Overview

1

- Learn about the MOST Form

2

- Understand the MOST Form conversation

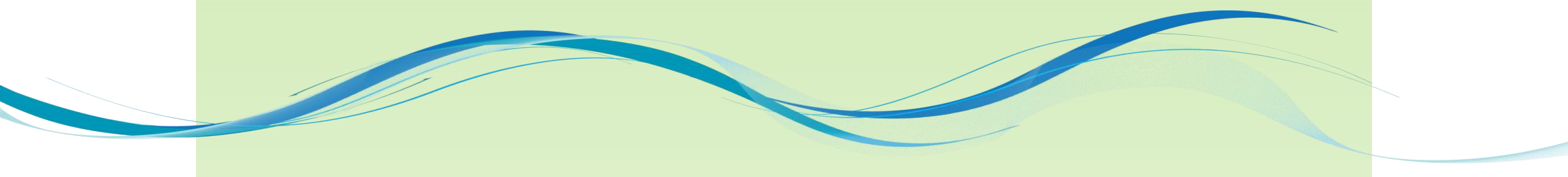
3

- Gain skills and tools to help complete the MOST Form



# What is Advance Care Planning?

# Advance Care Planning

- Supports adults at any age or stage of health in understanding and sharing their personal values, life goals, and preferences regarding future medical care. (Today we focus on those who are medically frail.)
  - The goal of advance care planning is to help ensure that people receive medical care that is consistent with their values, goals and preferences during serious and chronic illness.
- 

# Advance Care Planning is a *process*...

- Discerning goals - medical and personal
- Planning care to meet individuals goals
- Following specific instructions (documents)
- Ensuring all parties are on the same page

Documents are only one part of the process!

Documents are the *outcome*  
of the *conversations*!