**April 8th, 2020**

**Dear Patients and Family Members,**

Because of the current COVID-19 pandemic, we are living in a complex time filled with uncertainties. In the midst of everything we cannot predict or control, there remain opportunities for collaboration and informed decision-making. All of us need to have these conversations, especially those who are over 60 years old and are living with a chronic health conditions such as heart, lung or kidney disease or cancer.

The attached guides and tip sheets have been designed to help you, your family members, your parents, all of us—consider specific medical treatments, values and decisions in relation to COVID-19. Use these tools to take these important ‘just in time’ advance care planning steps:

**ACTION REQUESTED:**

1. Watch the **COVID-19 TCP Presentation** to learn advance care planning basics.  [Link to Video](https://www.youtube.com/watch?v=34_Rsb3HXeU&feature=youtu.be)
2. Use this two-page guide [Link to The Conversation Project's Being Prepared in the Time of COVID-19 Guide](https://theconversationproject.org/wp-content/uploads/2020/04/tcpcovid19guide.pdf) and start talking **today** with a trusted loved one in person, by phone, or video chat.
3. Complete a **Medical Durable Power of Attorney Document MDPOA** (unless already completed, accurate and available)
   1. [Link to Colorado MDPOA Form](https://bea0a031-b753-42dc-af35-6a5681e50d6e.filesusr.com/ugd/307d59_3561def30a754c7092ebc6eb62c76255.pdf)
   2. [Colorado Website to help with process - (content in English & Spanish/large text option)](https://coloradocareplanning.org/)
4. Review the [Link to the COVID-19 Treatment Decision Guide](http://theconversationprojectinboulder.org/wp-content/uploads/2020/04/One-Page-COVID-19-Treatment-Decision-Support-Guide-.pdf). If you go to the hospital and become seriously ill, these are the questions you will likely be asked.
   1. If you do have a family member admitted to the hospital, don’t forget their phone & charger.
5. Remember to take care of yourself: [Link to Remembering the Heart in Turbulent times](http://theconversationprojectinboulder.org/wp-content/uploads/2020/04/REMEMBERING-THE-HEART-IN-TURBULENT-TIMES-4-7-20-copy.pdf)
6. Contact your medical provider for questions and to ensure they know you and your loved one’s decisions.
7. [Link to Caregiver Support/Info Resources](https://extension.colostate.edu/disaster-web-sites/covid-19-resources/)

You may also be receiving a call from a healthcare professional to help review this information, answer your questions and receive guidance. Don’t wait for their call – begin these conversations today.

Conversations about things we do not have power over help to give us a sense of control. We cannot predict every choice we may have to make, but we can give those we love the guidance to confidently make decisions for us. This is the time to help the people closest to us—our friends, our spouses, our parents or grandparents—get the care that is right for them if they become seriously ill with COVID-19.

Feel free to share this information with others as all of us need to have these important conversations.

Sincerely,

Administrator/Leadership Team with the help of the Colorado Healthcare Ethics Resource Group – Long Term Care Subcommittee