

## What we do. What we believe.

Clear, factual, realistic information is essential for patients and families to make important medical decisions. More healthcare providers are moving toward a model of shared decision making that involves patients learning their options and



participating in their medical decisions. This model requires that patients receive relevant information and understand both the benefits and the burdens of major medical decisions. **Empath Choices for Care supports and promotes this informed decision making model.**

Everyone 18 years and older should have the opportunity to learn about, discuss and document future health care decisions. These discussions should include the individual, loved ones, the chosen decision maker (also called the healthcare surrogate) and the physician(s). Early conversations about what medical care a person wants and doesn't want can remove some of the stress and uncertainty this kind of decision making has on others. While these are difficult conversations, it is essential that decisions are made before a time of crisis. **Empath Choices for Care empowers people to start conversations early by providing information, resources and encouragement to the community.**



Values, culture and religious beliefs influence every decision people make. A shared understanding of a person's values and wishes mean fewer conflicts with loved ones. Understanding a person's preferred approach to end-of-life care (to live longer or to have quality time) gives decision makers better insight on how to carry out those wishes. **We believe all people have the right to express their wishes for medical care based on their own personal beliefs.**

Having an advance care planning professional guide families through the process is one way to help ensure that conversations take place and the necessary document is completed. **Empath Choices for Care provides no-cost personal assistance to individuals and families as they discuss, review and document decisions in a living will.**



Advance care planning requires a team communication approach. Not only should individuals become informed but so should healthcare providers who serve them. **Empath Choices for Care provides professional education courses that teach healthcare, legal and faith professionals how to help individuals with advance care planning.**

## Volunteering

Volunteers play an important part in the success of any nonprofit organization. Education and training opportunities as a volunteer are both plentiful and meaningful. **There are a range of opportunities available at Empath Choices for Care.**

- Outreach Volunteer (public speaking, staffing information tables at events)
- Events Volunteer (assisting with events)
- Office Volunteer (assisting with resource materials and class preparation)

## About Empath Choices for Care

Empath Choices for Care is a nonprofit organization established through a partnership of physicians, elder care providers and community citizens. As a member of Empath Health, our focus is providing holistic and compassionate advance care planning that respects human dignity, as well as each individual's best interests and personal wishes.

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**CHOICES**  
FOR CARE



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