

Prepare for their care

How to make medical decisions for other people **when people cannot, or do not want to, speak for themselves.**



This guide will go over:



How to ask the medical care team questions.



How to make medical decisions for other people.



How to talk about decisions you made for others.



Advice from other medical decision makers.



Other resources for decision makers and caregivers.



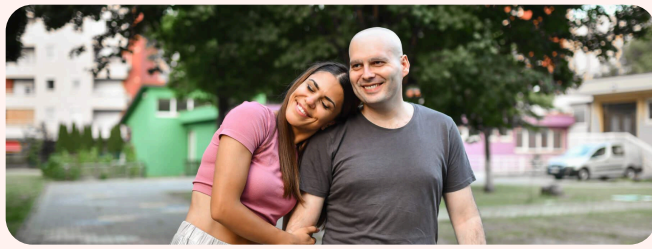
How to ask the medical care team questions.

4 key questions:

1. Benefits: **“What good things could happen from this treatment?”**
 2. Risks: **“What bad things could happen from this treatment?”**
 3. Options: **“What other options are there? What if we don’t do this treatment?”**
 4. Quality of life and what brings people joy and meaning in life: **“What will their quality of life be like after starting the treatment?”**
“Will this treatment help them live the way they want to live?”
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How to ask about their illness:

- ✓ **“What is the big picture? What does the future look like?”**
- ✓ **“What is the best case? What is the worst case?”**
- ✓ **“What does this mean for their life and quality of life?”**



How to make medical decisions for other people.

6 questions can help you make medical decisions for others:

1. What does **quality of life** look like for your family member or friend?
2. Have they shared any **prior medical wishes**?
3. Have they shared how they felt about **prior medical experiences**?
4. What would **they say** if they could speak for themselves?
5. What is in their **best interest** at this time?
6. Will the medical **options help them have** what they consider a good **quality of life**?

If you need more help:

Ask to speak with the Medical Care team or the Palliative Care team.



How to talk about decisions you made for others.

Prepare for the meeting:

- Write down your talking points ahead of time
- Bring someone with you for support
- If there is an advance directive, bring it

You can share:

- What the medical providers are recommending
- What you talked about with your family member or friend
- What you know about their medical wishes



"I will go over this person's advance directive, some things they told me are important to them, the things the doctors said, and how I made these decisions."



Advice from other medical decision makers.

Remember, it is important to care for yourself. Try to:

1. Take some deep breaths
2. Eat healthy food
3. Drink plenty of water
4. Make time for sleep
5. Move around and get fresh air
6. Some people find it helpful to join a support group

It only takes a few minutes to do things you enjoy:

1. Listen to comforting music
2. Eat a nice meal
3. Talk to other family and friends
4. Or, take care of a pet

Go to [PREPAREforYourCare.org/prepare-for-their-care](https://www.PREPAREforYourCare.org/prepare-for-their-care) to see video examples and for more information.



Other resources for decision makers and caregivers.

ADVOCATE ORGANIZATIONS

- ✓ National Patient Advocate Foundation: npaf.org
- ✓ Greater National Advocates: gnanow.org

SERVICES TO HELP WITH CAREGIVING

- ✓ Eldercare Locator: eldercare.acl.gov
- ✓ Family Caregiver Alliance: caregiver.org
- ✓ Get Palliative Care: getpalliativecare.org

ASSOCIATIONS AND SOCIETIES

- ✓ The American Cancer Society: cancer.org/treatment/caregivers
- ✓ The Alzheimer's Association: alz.org/help-support/caregiving

Thyme Care is here to support you.

You can talk to your Care Team Monday through Friday, from 8 AM to 8 PM ET. Clinical support is available 24/7. Whether you have questions about your care, forms, or anything else, we're here to help.



Call or text:

201-526-8484



Call toll-free:

833-849-6300

¿Habla español? Si desea ayuda para traducir este contenido, por favor llame a nuestro equipo de atención al 201-526-8484. Estamos aquí para ayudarle.



We're here to support you and your loved ones through every step of your cancer journey. We understand that each person has unique beliefs, backgrounds, and ways of making decisions—and we honor that. Our team takes the time to listen, explain, and care in a way that works best for you.

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