

# CALMER Goals of Care – A Discussion Guide

## Check in

Take a deep breath (yourself!).

“How are you doing with all this?” (Take their emotional temperature.)

## Ask about COVID

“What have you been thinking about COVID and your situation?” (e.g., living in a nursing home, your Mom living in a nursing home)

(Just listen)

## Lay out issues

“Here is something I want us to be prepared for.”

“You mentioned COVID. I agree.”

“Is there anything you want us to know if you/your loved one got COVID OR if you/your loved one’s COVID gets really bad?”

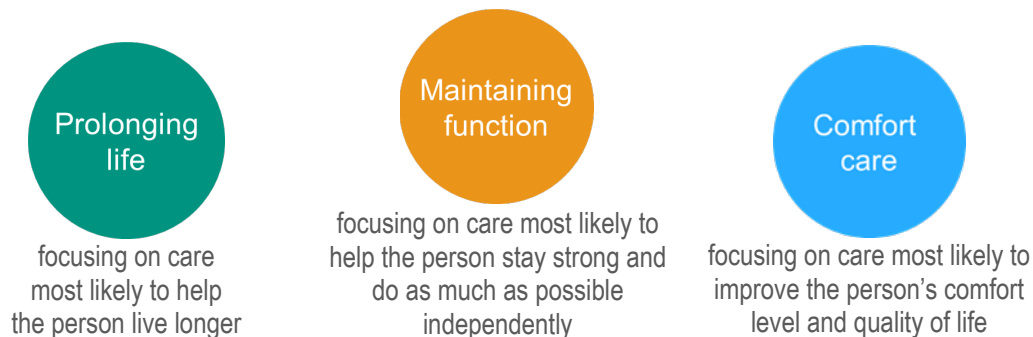
## Motivate them to choose a proxy and talk about goals of care

“If things took a turn for the worse, what you say now can help your family / loved ones”

“Who is your backup person—who helps us make decisions if you can’t speak? Who else? (having 2 backup people is best)

“We’re in an extraordinary situation. Given that, what matters to you? (About any part of your life? About your health care?)

“What is your treatment goal? (explain goals of care)



## Expect emotion

Watch for this – acknowledge at any point

“This can be hard to think about.”

## Record the discussion in the medical record.

Use POLST if available and appropriate.

Any documentation – even brief — will help other health care providers and your resident.

“I’ll write what you said in the chart. It’s really helpful, thank you.”

