

# TYPES OF CARE CHEAT SHEET



This cheat sheet gives a brief overview of the different types of care you could receive if you experience a serious illness.

Serious Illness is a **medical condition where you are so sick that you are unable to think or speak for yourself**, such as a coma, or if you have a

breathing tube. With serious illness, there is a probability you can die but there is also a probability you can recover.

Use this cheat sheet to learn about the types of care to inform your future decisions when it comes to your treatment preferences.

## A Full ICU Care + CPR

### Live At All Costs

Use machines and all possible measures including **admission to ICU and resuscitation (CPR)** with a focus on keeping me alive at all costs.



Usually a younger person, but can also involve an older person with no or limited health problems. People are willing to undergo prolonged critical illness with hopes of survival even if they suffer a reduction in their function or quality of life. Not for people with significant health problems, those who wouldn't want to endure a prolonged critical illness, or those who would not want any further reduction in their quality of life.

## B Full ICU Care, No CPR

### Go For It

Use machines and all possible measures including **admission to ICU** with a focus on keeping me alive. If my heart stops, **no resuscitation (CPR)**.



Similar to "Live At All Costs" but for people who would rather die than receive CPR and risk the consequence of living with some degree of brain injury from it.

## C Short Term ICU + CPR

### Give Me A Chance

Use machines and all possible measures including **admission to ICU and CPR not only in the short term** to see if I will get better. If the illness is prolonged, change focus to comfort measures only and if my heart stops, no further resuscitation (CPR).



Usually an older person in reasonable health or with only mild-moderate health problems. They want a chance to recover from serious illness but are not willing to put up with the downside of prolonged critical illness. They understand that they can possibly survive prolonged critical illness but enduring through it only to survive in a reduced health state is not worth it to them.

## D Short Term ICU, No CPR

### Try For A Bit

Use machines and all possible measures including **admission to ICU (but no CPR) only in the short term** to see if I will get better. If my illness is prolonged, change focus to comfort measures only. If my heart stops, no resuscitation (CPR).



Similar to "Give Me A Chance" but they too are more worried about the consequences of CPR and being alive with a brain injury than they would be with dying.

## E Medical Care

### Easy Does It

Use **full medical care** to prolong my life. If my heart stops or my breathing stops, no resuscitation (CPR) or breathing machines.



Usually an older person or someone who is living with significant medical problems that just want conservative treatments, such as antibiotics, blood thinners, or other intravenous medications. They don't want to go to ICU but are open to these other less invasive treatments to cure them. They accept that death may be inevitable if these conservative treatments don't work.

## F Comfort Care

### I Am Ready To Go

Use **comfort measures only** with a focus of improving the comfort and the quality of my remaining days. In other words, allow a natural death, no artificial prolongation of life and no resuscitation (CPR).



Usually an older person or people with an advanced medical problems or terminal diseases that are not interested in any further 'curative' attempts. They are 'ready to die' when the next serious complication arises and request that all treatments focus on comfort measures only. They understand that curative treatments may be withheld and thus they will forgo opportunities to recover from their serious illness in favour of a peaceful, comfortable death.