

## **Holistic Advance Care Planning: The Conceptualization of A New Inter-disciplinary, Tiered and Multi-stage Model**

Advance Care Planning (ACP) is the process of purposive communication between patients with advanced disease, their family members as well as health care workers. The goal of ACP is to clarify patients' values and preferences of medical and personal care at the end of life when patients lose their capacity to make decision. Currently, ACP is focused in medical or physical care. Confronting end-of-life situation, patients have physical, psychological, social and spiritual needs. ACP should not be limited to physical or medical care planning but also psychological, social and spiritual care. A holistic ACP is more aligned with the essence of end-of-life care which addressing the multidimensional needs. The timing of introducing ACP is controversial. Integrating the model of 3 levels of prevention of Gordon (1983) and Transtheoretical Model (TTM) of Prochaska and DiClemente (1983), a conceptual interdisciplinary multistage mode of Holistic ACP is developed. The model utilizes a matrix framework to differentiate the focus of intervention by target group and stage, which covers the physical, psychological, social and spiritual dimension of planning. The model has great potential as it expands the scope of planning, involves more parties in the process and delineates the focus for different targets and stages.