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Making Your Wishes Known With the Help of the Five Wishes Document

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Questions We Will Answer

- What is an advanced directive?
- Why is it important?
- What are the Five Wishes and why is this different?
- How do I start the conversation?



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What is an Advance Directive?

- **Advance directives** are documents written in advance of serious illness that state your choices for health care, or name someone to make those choices, if you become unable to make decisions.
- Through advance directives, such as living wills and durable powers of attorney for health care, you can make legally valid decisions about your future medical treatment.
- *An advance directive will not affect the type or quality of your care while you can voice your own decisions. It only comes into play when you can't.*



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Why?

- It brings peace of mind knowing that your health care wishes will be respected
- Not expressing your wishes can lead to family disagreements
- This conversation can open the door for other important conversations



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What's really happening

- 90% of people say it is important to talk to their family about their end of life wishes
 - 27% have actually had that conversation
- 82% of people feel it is important to write down their wishes for end of life care
 - 23% actually have an advanced directive

Source: The Conversation Project National Survey (2013) - See more at: <http://theconversationproject.org/starter-kit/get-ready/#sthash.pivtM2Iz.dpuf>



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Why Not?

- These conversations are not the norm
- Many (most?) people would rather avoid subjects of illness and dying
- Concern that their right to consent or remove consent will be taken away
- Some advanced care documents are complex and confusing



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Why Not?



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Who?

- Everyone over age 18



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What is Five Wishes?

Five Wishes addresses:

1. Which person you want to make health care decisions for you when you can't make them yourself
2. The kind of medical treatment you want or don't want
3. How comfortable you want to be
4. How you want people to treat you
5. What you want your loved ones to know



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What is Five Wishes?

- First living will to address personal, emotional and spiritual needs, along with medical wishes
- Created with help of American Bar Association and health care experts
- Distributed by Aging with Dignity and a network of 35,000 organizations
- 18 Million distributed to date
- Simple format, written in everyday language



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WISH 1

The person you want to make health care decisions for you when you can't

- Known in legal terms as **durable power of attorney** for health care
- Allows you to name a person to act on your behalf
- Offers suggestions for choosing the right person and naming alternate choices



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What is a Durable Power of Attorney for Health Care?

- By executing a power of attorney for health care, you are authorizing someone to make health care decisions on your behalf.
- It is a signed, dated, and witnessed document naming another person to be your agent (power of attorney) in making health care decisions when you no longer can.
- Your power of attorney for health care may **ONLY** make medical decisions for you
 - if you are unable to make them for yourself
 - at any time, not just at the end of life.
- It is not the same as a power of attorney for financial matters



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Who should I choose to be my durable power of attorney for health care decisions?

A family member or friend who:

- is at least 18 years old
- knows you well
- can be there for you when you need them
- you trust to do what is best for you
- can tell your doctors about the decisions you made on this form



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Who may NOT be my power of attorney for health care?

- Your health care provider
- An employee of your health care provider
 - Unless related to you by blood, marriage, adoption
- Under the age of 18



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What kind of decisions can my power of attorney for health care make?

- Agree to, say no to, change, stop or choose:
 - doctors, nurses, social workers
 - hospitals or clinics
 - medications or tests
 - the use of various life sustaining machines
 - what happens to your body and organs after you die



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Who will make decisions if I don't have a power of attorney for health care?

In the following order:

1. My court appointed guardian (with court approval)
2. My spouse
3. My adult child or, if more than one, the majority of my children
4. My parent or parents
5. My adult brother or sister



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WISH 2

The kind of medical treatment you want or don't want

- Part commonly known as a **“living will”**
- Expresses instructions for your caregiver, such as the need to take medicine for pain, even if it leaves you sleepy
- Includes examples of life support
- Gives space to write instructions based on personal beliefs



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What is a living will?

- A living will is a document in which you can be specific about the kind of medical care you want if you become terminally ill, permanently unconscious, or in a vegetative state and . . .
- You are unable to make your own decisions
- It informs medical personnel know that you do not want certain life-prolonging medical procedures if you may die soon.
 - It helps your durable medical power of attorney, as well as family and loved ones, understand your wishes.
 - However the person who has your medical power of attorney can change your living will.



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WISH 3

How comfortable you want to be

- Stresses that you want your pain managed
- Expresses your choices for types of comfort care
- You cross out or keep items based on your preferences



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WISH 4

How you want people to treat you

- What others should keep in mind if you become seriously ill
- Whether you want to have people around or your hand held when possible
- If you want prayers said for you
- Ideas for your surroundings, such as pictures of loved ones



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WISH 5

What you want your loved ones to know

- Encourages you to express matters of deep importance in an age where families often live apart
- Allows you to offer love and forgiveness to those who have hurt you
- Asks forgiveness for times you have hurt others
- Communicates practical matters such as preferences for memorial or burial



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When may I change or revoke my advance directives?

- At any time!
- It is important to review your documents periodically
 - to ensure they are consistent with your current values and
 - so that they are consistent with current medical technology.
- If you have a living will that was made before April 23, 1992 review it regarding your wishes for hydration and nutrition.



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What should I do with my Five Wishes document?

- Make copies of your completed Five Wishes for your family, friends, Health Care Agent and doctor
- Discuss your wishes
- Keep it available (in your top drawer, not your safe deposit box)
- Carry your wallet card
- Review it periodically



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Questions to Think About

What questions should I talk over with my loved ones when considering a living will?

My life is only worth living if I can:

- talk to family or friends
- wake up from a coma
- feed, bathe, or take care of myself
- be free from pain
- live without being hooked up to machines
- Other: _____
- My life is always worth living no matter how sick I am



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If I am dying, it is important for me to be:

- At home
- In a nursing home
- in the hospital
- I am not sure



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What should my doctors know about my religion or spirituality?

- Particular prayer or sacramental desires?
- Dietary requests?
- Modesty requests?
- Rituals upon illness or death?
- Who can touch your body, when?
- Other?



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If I am so sick that I could die I want my doctors to:

- *Try all life support treatments that my they think might help.*
 - If the treatments do not work and there is little hope of getting better, I want to stay on life support machines.
- *Try all life support treatments that my doctors think might help.*
 - If the treatments do not work and there is little hope of getting better, I do not want to stay on life support machines.



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If I am so sick that I could die I want my doctors to:

- *Try all life support treatments that my doctors think might help, but not these treatments:*
 - feeding tube
 - CPR
 - dialysis
 - blood transfusion
 - breathing machine
 - medicine
 - other treatments _____
 - I want _____ only if _____.
- *I do not want any life support treatments.*
- *I want my health care agent to decide for me.*



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A Few Additional Questions to Ponder:

- What do you value most about your physical and/or mental wellbeing?
- What are your fears regarding serious illness or end of life?
- Would you want to be sedated if it were necessary to control your pain, even if it makes you drowsy or puts you to sleep much of the time?



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A Few Additional Questions to Ponder:

- Would you want a hospice team or other palliative care available to you?
- If you could plan today, what would the last months of your life look like? Last weeks? Last days?
- How do you want to be remembered?
 - Would you consider an ethical will?



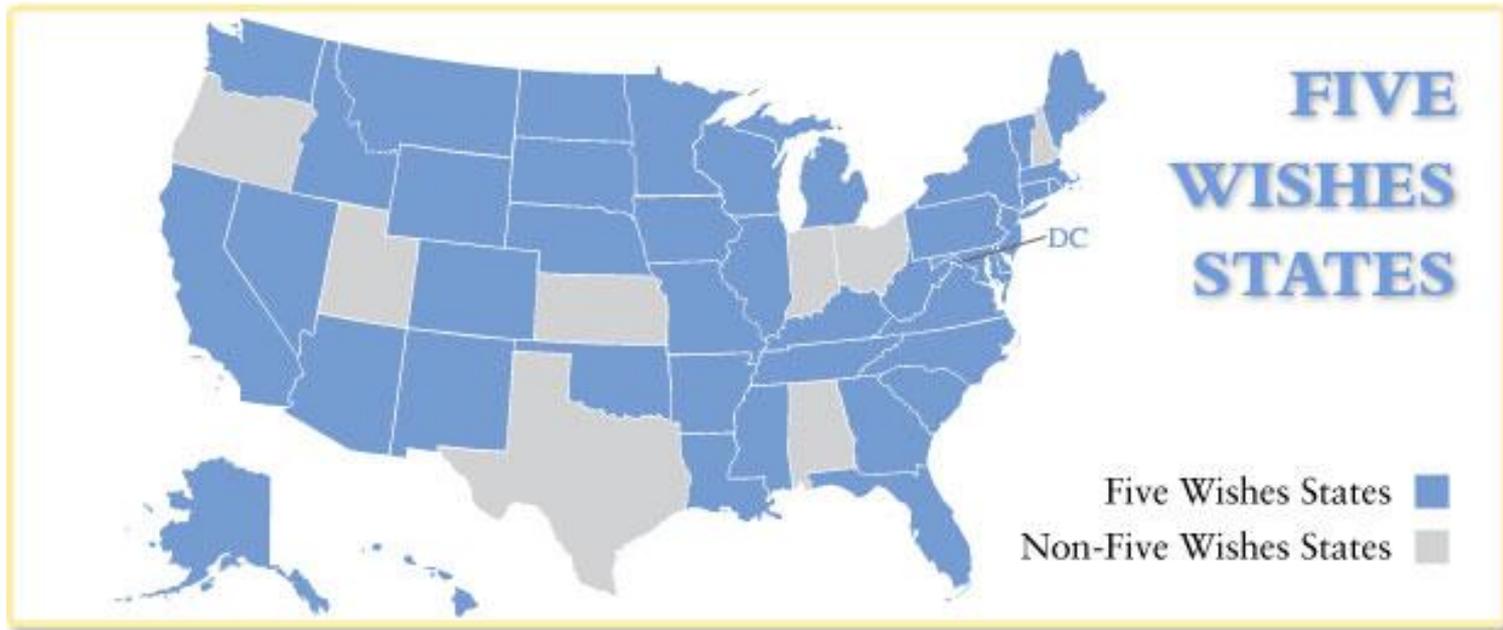
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Meets Legal Requirements

In 42 States and Washington, D.C.*



*a complete listing can be found inside your

FIVE WISHES



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If you don't live in a FIVE WISHES State

- *Five Wishes* does not meet current technical requirements in 8 states.
- Laws in these states require mandatory and often complicated forms.
- Residents may still find it helpful to complete *Five Wishes* as an attachment .
- Many people in these states say *Five Wishes* expresses their intentions in detail and provides a helpful guide for caregivers.



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How to start the conversation?

- National Healthcare Decision Day: April 16th
- The Conversation Project:
www.theconversationproject.org
- Go Wish cards
- PREPARE

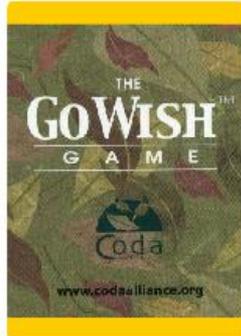


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CLICK TO DRAW ▶



Not being short of breath

How to play Go Wish

CLICK (don't drag) on the face down pile to your left to draw a card and place face up. Now CLICK on any of the face down cards below to place the drawn card into that spot. Note that there are three card categories:

Very Important, Somewhat Important, Not Important.

To pick up a card and place it somewhere else, click on that card and then click on the new location for the card. Keep sorting as many times as you like until you are satisfied.

Object of the game ▶

Detailed Instructions

Start over (new game)

Save the current game

Load game

Print cards

Purchase a Go Wish deck

VERY Important	To feel that my life is complete	To have my family with me	To be mentally aware	To be able to talk about what scares me	Not dying alone	Go WISH				
	To trust my doctor	To be able to talk about what death means	To have my financial affairs in order	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH
	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH
	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH
	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH
SOMEWHAT Important	To die at home	To have my funeral arrangements made	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH
	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH
NOT Important	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH
	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH	Go WISH
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Aging with Dignity

(888) 5-WISHES (594-7437)

www.agingwithdignity.org



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