

# Planning Ahead

## Advance Directives & End-of-Life Decisions

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**Life is a journey:**

**Do you have your  
Map?**

# Advance Directives

## What is it?

A written statement of your wishes for your health care treatments and choices.

A tool to help think through and communicate.

**A road map for your future health care.**

## Why do I need it?

If you are seriously ill or injured and unable to speak for yourself,

***Who will speak for you?***

# Advance Directives

## LIVING WILL –

- A legal document with your wishes about medical treatment
- YOU choose what you want & don't want

## MEDICAL POWER OF ATTORNEY –

- Specifies who you want to make decisions ***if you cannot speak for yourself***

AKA: Health Care Agent / Proxy / surrogate/  
Durable Power of Attorney for Health Care

## Medical **Terms** in Decision Making:

- Life – Sustaining Treatment
- Artificial Nutrition and Hydration (tube feeding)
- Cardiopulmonary Resuscitation (CPR)
- Do-Not-Resuscitate (DNR)

# Advance Directives

## Advantages:

- YOU are in charge
- **Documents can be changed anytime**
- You do NOT need an attorney
- Helps start conversations
- Loving gift to those you care about

## Disadvantages

- May not be available when you need it
- May not be specific enough
- Can be overridden by a Physician

# Advance Directives

*It's about how you live:*

- **L**earn about your options
- **I**nitiate your documents
- **V**erbalize your wishes
- **E**ducate others

***Nothing can be more important than to discuss your choices with those you love & have chosen to act for you – this includes your health care provider!***

# Advance Directives

## REMEMBER:

- Documents are useless if no one else knows about them or where they are kept
- All Health Care providers need a copy
- Choose someone you know you can trust to respect your wishes
- Make sure to talk to that person about your wishes
- Tell your friends & family
- Talk to those you love, not just about your wishes, but theirs as well.



## What is it?

- Provides support & comfort for those facing life limiting illness
- Recognizes dying as a normal process of living
- Affirms life
- Focus on Quality of life
- Neither hastens nor postpones death

# Hospice Care

## Misconceptions:

- Hospice is where you go when there is nothing else
- You have to be in the final stages of dying to be eligible
- Hospice care is very expensive
- You will have to leave your home
- Families cannot do adequate care for a Hospice patient
- Hospice is only for cancer or AIDS patients
- Hospice is just for the elderly
- Hospice ends when the patient dies

# Hospice Care

## Core Philosophy

- Patient & family focus
- Interdisciplinary team approach

## Provides:

- Interdisciplinary case management
- Medications
- Medical Equipment
- Supplies
- Volunteers
- Grief Support

# Hospice Team Members

1. Patient and family
2. Patient chosen personal physician
3. Hospice Physician / Medical Director
4. Nurses
5. Medical Social Workers
6. Home Hospice Aides
7. Clergy
8. Counselors
9. Volunteers
10. Adjunct therapies including ST, PT, OT

# Hospice Team

## What does the team do?

- Develop patient focused plan of care
- Manages pain and symptoms
- Attend to emotional, psychosocial and spiritual needs of patient & family
- Teach patient / family care needs
- Advocate for patient / family needs
- Counseling support during care & bereavement support after care

# Hospice Care

## Care Settings:

- Supportive care in patient home
  - Also offered in nursing home; assisted living; group home, homeless shelter & correctional facilities
- Available inpatient care for
  - Symptom management that cannot be controlled in the home
  - 5 day Respite for exhausted caregivers
  - Can be provided in hospital setting
  - Hospice residence

# Hospice Admission Criteria

## General requirements:

- Life-limiting illness with a prognosis of *6 months or less if the disease runs its normal course*
- Consent to services that focus on comfort & quality of life
- Forgo other medical interventions for treatment of the terminal illness.

## WHO PAYS?

- **Medicare**
- **Medicaid**
- **Insurance and HMO's**
- **Private Pay**
- **Most Hospice providers also have programs for indigent care**



# Resources

- [www.CaringInfo.org](http://www.CaringInfo.org) – with tools to help with advance care planning, caregiving and grief.
- <http://www.aarp.org> -End-of-life-decisions & 5 Wishes
- [www.nhpco.org](http://www.nhpco.org) -National Hospice and Palliative Care Organization -free materials and a provider locator
- [www.MomentsofLife.org](http://www.MomentsofLife.org) – shows the many benefits of hospice care through real videos, stories and more.
- <http://www.hospicedirectory.org/cm/search> -free comprehensive search for any hospice providers
- <http://dying.about.com> –5 tips for choosing a hospice

# QUESTIONS

