

MAKING CHOICES KNOWN: Advance Care Planning

“Plans are useless, but planning is invaluable.” Winston Churchill

Do you have the following

- Durable Power of Attorney**
 - Durable Power of Attorney for Health Care Decisions**
The above can be the same person
 - Funerals and Memorial Services**
 - Will/Living Will/Trust**
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Durable Power of Attorney Will, Living Will/Trust

An attorney that specializes in this area is best to decide what is best for you and your family. Below are three that we know provide this service and are aware of all options. They can assist you in drawing up all documents necessary to decide your financials and your wishes

However, before you embark on this journey of creating your gift for your family the following two things need to be thought about and considered.

1. Funeral/Memorial Service
 2. Advance Directive for Health Care
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1. Funeral/Memorial Service

- Do you want to be buried or cremated?
- Do you want to donate your organs?
- Do you want to donate your body to medical science?

What kind of service do you want? Where, Music, Special Words, Special individuals saying remarks?

Should you purchase your plan now? Shop by phone, talk to other to see cost to decide if you wish to pay now or plan for it later?

These are not easy decisions. Once you have reached your decisions, write them down.

2. Advance Directive for Health Care

This document includes

1. The kind of medical treatment you want or don't want
2. The person you want to make health care decisions for you when you Cannot
3. What you wish to have for comfort care
4. Ethical, religious, and spiritual instructions
5. Anything else about your health care preferences that you want your loved ones and your health care providers to know

- **Before completing**

1. Think about the kind of care you want in different circumstances
2. If you are not sure of nor understand the various life sustaining treatments, read up on them or consult your medical provider. Need to know about
3. Nutrition and hydration, blood transfusion, surgery, cardiopulmonary resuscitation, mechanical ventilation, and antibiotics.
4. Talk with the individuals you intend to select to ensure they can support your decisions

- **Benefits of Advance Directive**

1. They help people know what to do – it is a personal gift to your family.
2. It bring comfort during very difficult times as your family will not have to guess as to the decision that needs to be made
3. Your wishes will not be left to chance
4. Others know your values
5. It also clarify for yourself your values and your desires

- **After completion of your Advance Directive**

1. Talk to the individuals you have selected to make decision if or when you cannot
2. Give copies of your family members, your hospital, and your physician(s).

Checklist

- Talk with your spouse, adult children, family, friends, spiritual advisors, and doctors.
- Ask someone you trust to be your health care agent.
- Complete an advance directive
- Finalize your advance directive
- Tell your family, friends, and doctors that you have an advance directive
- Give copies to your phycian(s), family, friends, and spiritual advisor.
- Review your advance directive regularly.
- Keep a copy in an easy to find place in your home
- Carry your organ donor card, or indicate on your driver's license that you are an organ donor.

Upon completion of all your documents, you need to make sure your bank, your financial advisor, all places that you have funds, mortgage, etc need to be apprised. Your lawyer will guide you with this.

Now you have completed everything.

- Your will and financial documents are now in a safe and secure place.
- Your assets are all protected.
- You have someone legally appointed to represent you regarding personal, financial, and health care decisions if you cannot make these decision yourself.

- Your financial records like bank accounts, loans, CD's, stock, etc are all organized in one place? Your trust person know where that place is.
- Your insurance policies, and all other documents are together in the same safe place.