

Advance Care Planning Resources

(*Please note: Some of the resources below may have a cost attached.)

American Bar Association Advance Planning Toolkit:

http://www.americanbar.org/groups/law_aging/resources/health_care_decision_making_consumer_s_toolkit_for_health_care_advance_planning.html This online toolkit answers basic questions about advance care directives, legal issues surrounding serious illness and decision making, and elder care ethics.

The American Bar Association has also developed the **My Healthcare Wishes** app, which offers unlimited storage and management of personal and family profiles and documents, including advance directives, living wills, health care powers of attorney, DNR orders, POLST documents (Physician Orders for Life-Sustaining Treatment), and related information (available for a small fee.)

http://www.americanbar.org/groups/law_aging/MyHealthCareWishesApp.html

Aging with Dignity and **Five Wishes** www.agingwithdignity.org Provides practical information, advice and legal tools for Advance Care Planning, including the “Five Wishes” Advance Directive. Also offers “Voicing My Choices: A Planning Guide for Adolescents & Young Adults” (in English and Spanish), a tool that helps young people living with a serious illness communicate their preferences to friends, family and caregivers.

The Center for Practical Bioethics

<https://www.practicalbioethics.org/resources/advance-care-planning> offers downloadable resources, including the workbook “Caring Conversations,” as well as case studies and audio interviews about the importance of advance care planning.

The Conversation Project theconversationproject.org Features *The Conversation Starter Kit*, aimed at helping people overcome barriers to planning and to start talking to family and loved ones. Available in English, Spanish, French, and Mandarin.

Theconversationproject.org/starter-kit/intro/

Go Wish game, developed by The Coda Alliance www.codaalliance.org, helps stimulate discussion that would focus in a positive way on values and wishes about end-of-life care. The card game can be an effective tool for elderly people with limited cognition, and for people with limited literacy and limited skills in the English language, without seeming too simplistic for those with higher education.

Hospice Foundation of America www.hospicefoundation.org has extensive resources for clinicians and consumers on advance care planning, end-of-life care decisionmaking,

hospice care, and grief. Find state-specific Advance Directives information:

<http://hospicefoundation.org/End-of-Life-Support-and-Resources/Coping-with-Terminal-Illness/Advance-Directives>

MyDirectives.com www.mydirectives.com a service of ADVault, Inc., is a free online platform that allows consumers to digitize their voices and treatment priorities in a comprehensive legal advance care plan that is secure in the cloud and available 24/7 anywhere in the world. MyDirectives also features a [Discussion Guide and Conversation Starters](#) to help people have discussions with doctors, family and healthcare agents and also offers a new mobile app.

National Hospice and Palliative Care Organization www.nhpco.org The National Hospice and Palliative Care Organization (NHPCO) is the largest nonprofit membership organization representing hospice and palliative care programs and professionals in the United States. Caring Connections (caringinfo.org), a program of the National Hospice and Palliative Care Organization, provides free resources to help people make decisions about end-of-life care before a crisis.

National Institute on Aging Advance Care Planning Tip Sheet

<https://www.nia.nih.gov/health/publication/advance-care-planning> This tip sheet offers advice on advance care planning, including helpful descriptions and definitions of medical situations that may occur and tips for considering decisions around treatment

Online Living Will Registries:

America Living Will Registry: www.alwr.com

U.S. Living Will Registry: www.uslwr.com

MedicAlert Foundation: www.medicalert.org/join/advance-directives.htm

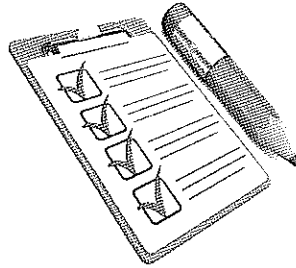
Organ Donation.gov www.Organdonor.gov, run by the US Dept. of Health and Human Services, offers resources and materials on organ donation.

Prepare for Your Care www.prepareforyourcare.org This website, developed by geriatricians and other medical professionals, walks people through basic steps in Advance Care Planning and provides prompts and videos to help them get started. Information is available in English and Spanish.

<https://mydirectives.com/en/how-it-works>

What Matters Most?

Advance Care Planning Checklist



There are many steps you can take to keep the conversation going!

- Make a list of the three most important things you want those close to you to know about your wishes for end-of-life care.
- Think about who you would want to make your medical care decisions for you if you could not speak for yourself.
- Plan when and where you might want to talk to that person and others close to you about your wishes.
- Make a list of questions you'd like to ask your doctor.
- Fill out an Advance Directive form to record your wishes and legally appoint the person (agent) who will speak for you if you can't speak for yourself.
- Make copies of your Advance Directive and give them to your agent, your doctor, and anyone else you would like to know your wishes.
- If you already have an Advance Directive, review it to make sure it fits with your current wishes.
- Talk with those close to you about their wishes.
- Other steps you'd like to take: _____
