

TOOLS FOR ADVANCE CARE PLANNING

These tools may be used to assist individuals and families discuss and make final health care decisions:

Five Wishes: This booklet poses thoughtful questions to spur an in-depth thought process and discussion. It is easily understood and user friendly. The "five wishes" include an individual's wishes for:

- The Person to Make Care Decisions for Me When I Can't
- The Kind of Medical Treatment I Want or Don't Want
- How Comfortable I Want to Be
- How I Want People to Treat Me
- What I Want My Loved Ones to Know

The last pages of the booklet include a wallet card and a form to be signed and witnessed. The signed form meets accepted requirements in 42 states. However, though most eldercare attorneys in Georgia support the use of the Five Wishes booklet as an excellent tool to aid in discussion, they encourage use of the Georgia Advance Directive for Health Care as the more widely recognized document.

Available through purchase by calling (888)594-7437 or from the website: www.agingwithdignity.org.

The Critical Conditions Planning Guide: This is a comprehensive and detailed tool. The booklet begins with:

Step 1: "Conversation Starter": This section includes: General Concerns, Views on Prolonging Life before progressing to individual pages allocated to CPR, Tube Feeding, Breathing Machines, Incurable Brain Disease, Organ Donation, and Pain Management. Each page includes a brief case illustration.

Step 2: Is an Individual Worksheet that includes 27 detailed questions. The last page of this section is a signature page where the individual can sign and date the confirmation of preferences

