

CREATING A CARE PLAN

A Conversation Guide

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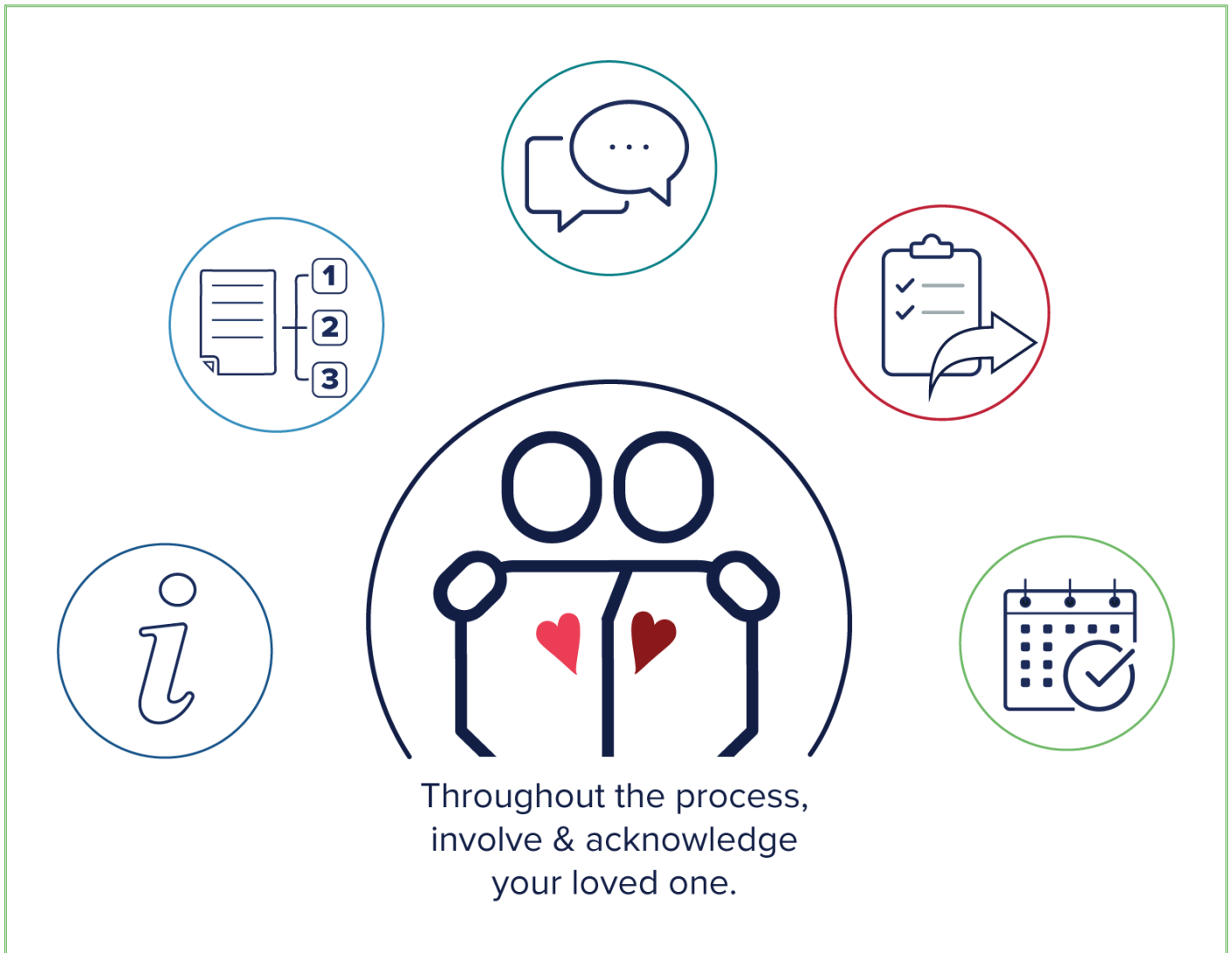


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For Caregivers to Prepare & Discuss

This section is written with the caregiver in mind. It outlines preparing for and having conversations with loved ones about their wishes should they no longer be able to advocate/care for themselves. This reduces the decision-making burden on you as a caregiver, and ensures your loved one's wishes are honored.

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For Individuals to Reflect On & Decide

This section helps individuals reflect on and decide how they want to be cared for in the event they cannot advocate or speak for themselves. Because life is unpredictable, having these documents in place ensures their wishes are honored and reduces the decision-making burden on caregivers.

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Creating a Care Plan: BEFORE THE CONVERSATION



GET INFORMATION

The first step in creating a care plan is understanding the current and future needs of your loved ones. This can start by talking and asking questions. In preparing for a life-planning conversation with your loved one about their wishes or your own, you may find it useful to have certain information on hand. Here are some details you might want to collect through personal observations, input from other people, or even a bit of research.

As you review each of these considerations, consider making notes about specific concerns.

Explore the Situation

Are you or your loved one:

- Facing a medical condition? _____
- Worried about safety? _____
- Stressed by finances or bills? _____
- Needing clarity on legal issues or representatives? _____
- Looking to update documents? _____
- Experiencing a milestone? _____
- Other: _____

Are you or your loved one facing a medical condition?

If so, what is it?

How may this impact your immediate circumstances?

How may this impact the future?

Explore Your Support System

Think about where you might find insight, support or resources.

- Friends and family: _____
- Advocacy organizations: _____
- Support groups: _____
- Social services: _____
- Mediation services: _____
- Medical or legal professionals: _____
- Other: _____

Remember: As a benefits-eligible University of Arizona employee, you can [meet one-on-one](#) with a dependent care specialist at Life & Work Connections. They can help you identify the information and services that are most important to you and assist you in navigating those options.

Explore the Terminology

Language around life planning and advance directives can be confusing. Consider looking into the terms below, which might help make the discussion less stressful.

Health Care and End-of-Life Planning	Legal and Estate Planning	Caregiving
<ul style="list-style-type: none">• Health care agent (a.k.a. health care proxy or health care representative)• Living will• Medical power of attorney• Surrogate	<ul style="list-style-type: none">• Conservatorship• Guardianship• Executor• Probate• Trust• Will	<ul style="list-style-type: none">• Activities of daily living• Family and Medical Leave Act (FMLA)• Informed consent• Respite care



DEFINE PRIORITIES

Now that you have gathered some information, it's time to determine your priorities.

1. Rank your specific concerns from most important to least important.

2. Rank your specific concerns from most urgent to least urgent. This may not align with the ranking of importance. That's okay.

3. Based on the importance and the urgency of the concerns, what do you need to address first with your loved one?



REFLECT

Before you start the conversation, it can be helpful to acknowledge your own feelings, and to consider the feelings of your loved one might have.

1. Do you anticipate this being a difficult conversation? Why or why not?

2. What emotions do you anticipate either of you feeling during this talk?

3. Who else might need to be part of this conversation. How might their involvement impact it?

4. Imagine the worst-case scenario of the conversation. Describe what that looks like.

5. Imagine the best-case scenario of the conversation. Describe what that looks like.

6. What steps could you take to encourage the best-case scenario?

Creating a Care Plan: DURING THE CONVERSATION



DISCUSS DETAILS

Keep in Mind

- Speak from the heart.
- Think of a way to ease into the conversation, perhaps by bringing up a situation with a family member or referencing something in the news.
- Involve key people in the decision-making process, such as family members, friends, medical providers, financial advisers, or legal representatives.
- Acknowledge your own experience, as well as that of your loved one. This is especially crucial when strong emotions come into the conversation.

Remember Your Prioritize Concern

During this conversation additional topics or concerns may arise. It is important to acknowledge these concerns while also prioritizing what needs to be addressed first. What is the most important thing for you to discuss today?

Listen and Take Notes

What are you learning that may inform caregiving plans, health care directives, and legal or financial directives?

Creating a Care Plan: AFTER THE CONVERSATION



COMPLETE & SHARE DOCUMENTS

Congratulations! You have overcome a significant hurdle by starting a life-planning conversation with your loved one, or even beginning to consider your own wishes. Every attempt to have this talk has immense value, and the knowledge you acquire will make each future discussion easier.

As mentioned in the introductory presentation, the paperwork for planning medical and end-of life care and legal and financial preferences can be complex. Some forms designate a person (or multiple people) to act on your loved one’s behalf, and other documents allow your loved one to describe what they wish to happen when they are incapacitated. Still other types of paperwork may both record your loved one’s wishes and appoint someone to enact them.



Terminology reminder: When someone has neither a power of attorney or nor a health care directive, and they cannot make informed decisions or care for themselves, options include court-appointed **guardianships** (to manage care and quality-of-life decisions) or **conservatorships** (to handle financial matters).

Documents That Designate

These forms (on page 12) enable someone to act on behalf of your loved one when they are incapacitated.

The process of establishing a legal, medical, or financial power of attorney is subject to state-specific laws. Be sure to check the requirements for your loved one’s state – or states – of residence.

Document	Date Completed	Representative
Medical Power of Attorney		
Mental Health Power of Attorney		
Financial Power of Attorney		
Conservatorship/Guardianship		
Other: _____		

Documents That Describe

These forms (on page 24) allow your loved one to state their wishes.

Document	Date Completed	Responsible Parties (If Applicable)
Living Trust		
5 Wishes Booklet		
Living Will		
Do Not Resuscitate Form (DNR or Prehospital Medical Directive)		
Provider Orders for Life-Sustaining Treatment Form (POLST Form)		
Organ Donation Registration		
Other: _____		
Other: _____		

Protect Documents

Make multiple copies of these documents, and store them in *safe, accessible, and portable* locations.

SAFE

The documents should be protected from theft, fire, flood, and other natural disasters.

ACCESSIBLE

Give copies of the documents to anyone who may act as your or your loved one's power of attorney, or anyone who is designated to make decisions on your loved one's behalf, such as a health care provider or financial and legal advisor – in other words, anyone listed above as a representative, designee, or responsible party.

Be sure you tell other people where the original documents are located, even if you have given them a copy. Some documents can be stored in secure digital records systems. Health care directives can often be filed with local organizations such as hospitals and government agencies.

Warning: In many states, a bank will seal a safe deposit box upon a person's death, so you may not be able to access any documents stored inside. Likewise, if you need a key, combination, or numerical code to access any documents, be sure someone they trust knows about them.



Important: The Do Not Resuscitate Form needs to be printed on the designated paper color and placed where emergency medics can easily find it. Check with your loved one’s local agencies to determine where local authorities prefer this form be located. In Arizona, the appropriate form and instructions are housed on the state [attorney general’s website](#).

In many states, your loved one may also complete a Provider Orders for Life Sustaining Treatment Form, or POLST, which covers not only resuscitation wishes, but also additional end-of-life directives. Like the DNR, this form also needs to be printed on a specific color of paper and placed in a specific location. In Arizona, you can also download this form from the state [attorney general’s website](#).

PORTABLE

Consider bringing pertinent paperwork when you and your loved one travel. Depending upon your situation, you may want to make sure your documents are available wherever you and your loved one are.

Tips: Store all the documents in a binder, so the information is centralized and mobile. Schedule a time to review the binder and make sure all information is current once per year.

WHO HAS COPIES?

Document	Location of Original Document	Person With Copies



SHARE WISHES FURTHER

What details need to be shared, and with whom? To ensure that everyone is on the same page, consider sharing your loved one’s wishes with those who are impacted by, but not necessarily involved in, the caregiving plan.

Person Involved	Details Shared



SCHEDULE NEXT DISCUSSION

Even if you start with one topic, you may find that other caregiving, financial, or legal matters need to be discussed.

What is the next priority?

What is the next most urgent issue?

Based on this conversation, what actions do you need to take?

When can you schedule the next talk?

Creating a Care Plan: POWER OF ATTORNEY

The process of establishing a legal, medical, or financial power of attorney is subject to state-specific laws. Be sure to check the requirements for your state(s) of residence. These worksheets are not intended to serve as legal, financial, or medical advice but are intended to serve as a starting point of information and reflection.



GET INFORMATION

A power of attorney, also known as a POA, is a legal document that authorizes someone over the age of 18 years to act on another's behalf. To establish a POA, you must have the capacity to make decisions for yourself. The process of establishing a power of attorney is subject to state-specific laws. In Arizona, the person whom the POA represents is often referred to as the principal, and the person designated to act on the principal's behalf is known as the agent or the attorney in fact.

There are several different types of POAs each authorizing power to act under certain circumstances.

Powers of Attorney (POA) Categories

Durable POA gives limited or broad authority over your health, legal, and financial affairs to your agent. A Durable POA can be written to begin immediately or to start only when the principal becomes incapacitated.

In Arizona, an incapacitated person is “any person who is impaired by reason of mental illness, mental deficiency, mental disorder, physical illness or disability, chronic use of drugs, chronic intoxication or other cause, except minority, to the extent that he lacks sufficient understanding or capacity to make or communicate responsible decisions concerning his person. . . .”¹

In some states, the term Springing POA or Springing Durable POA is used to specify that the agent's decision-making power will only come into effect if the principal is incapacitated.

Specific POA gives your agent limited authority to handle certain tasks. This can include paying bills and real estate transactions. The Specific POA is temporary and time bound.

Powers of Attorney (POA) Types

General POA gives more broad authority to your agent. Your agent would handle all your legal and financial affairs **until** the principal becomes incapacitated, at which point the General POA dissolves. A *General POA* does not cover medical or healthcare decisions.

Health Care POA gives the agent authority to make health care decisions on the principal's behalf **when** they become incapacitated. A Health Care POA could also be called Durable POA for Health Care or Medical POA.

TIP: A Living Will outlines your medical wishes and directives, which can be used to assist a medical representative or Health Care POA in decision-making. Learn more in the Creating a Care Plan: Health Care Advance Directives worksheet.

1 Arizona State Legislature. (n.d.). Definitions. 14-5101 - Definitions. Retrieved February 3, 2023, from <https://www.azleg.gov/ars/14/05101.htm>

Mental Health POA gives the agent authority to make mental health care decisions (such as medications, hospitalization, etc.) on the principal’s behalf **when** they become incapacitated. A Mental Health POA only covers care related to a mental health diagnosis. A Mental Health Care POA could also be called Psychiatric Advance Directive (PAD) or Mental Health Proxy.



IMPORTANT: In most cases, an agent with a Health Care POA does not have the authority to make mental health decisions for the principal. Likewise, an agent with a Mental Health POA does not have the authority to make medical care decisions.

Financial POA gives the agent authority to make financial decisions. These decisions may include paying bills, managing property, overseeing bank accounts, and directing investments.

FAQs

What happens if you do not have a Health Care POA and there is a medical emergency?

A medical provider will typically seek out your medical advance directive or determine a medical surrogate. The order of a medical surrogate is predetermined by the state.

What happens if one does not have a POA and becomes incapacitated?

Depending on the function or representation needed a guardianship, conservatorship or fiduciary may be established. Check your local state regulation for more information on these terms.

What if someone wants to establish a POA, but do not know someone willing to serve in that role for them?

If you or loved one does not have someone who is willing to serve as a POA there may be community resources who can assist in this role.



DEFINE PRIORITIES

Selecting A Health Care POA

Health Care POA gives the agent authority to make health care decisions on the principal’s behalf when they become incapacitated. A Health Care POA could also be called Durable POA for Health Care or Medical POA.

Consider: Think of someone you trust. Now, consider the following:

Who knows enough or would be willing to learn about your medical situation and future wishes?

Who could act on your behalf despite personal, ethical, or spiritual differences on medical care?

Who could be readily available and accessible to make emergency decisions?

Who could act assertively on your medical wishes in medical settings?

Who could fulfill your medical wishes despite potential disagreements within your caregiving community (family, friends, others)?

After this reflection, I will talk to the following people about the possibility of becoming my Health Care POA?



DISCUSS DETAILS

Start the Conversation

When asking someone to be your Health Care POA, consider discussing:

- Details of your Advance Health Care Directive
- Details of your End-of-Life Plan
- Details of your Living Will
- What the person might find challenging?
- How could this impact the person emotionally?
- Are they willing and able to fulfill your wishes?

What are other important questions or considerations you want to discuss?



COMPLETE & SHARE DOCUMENTS

My Health Care POA is _____

My Alternate Health Care POA is _____



IMPORTANT: This worksheet does not legally establish your Health Care POA. Be sure to complete the official documents in accordance with your state process and share with your caregiving community.

TIP: For more information see Creating a Care Plan: After the Conversation worksheet.

Selecting a Mental Health POA

Mental Health POA gives the agent authority to make mental health care decisions (such as medications, hospitalization, etc.) on the principal's behalf when they become incapacitated. A Mental Health POA only covers care related to a mental health diagnosis. A Mental Health Care POA could also be called Psychiatric Advance Directive (PAD) or Mental Health Proxy.

Consider: Think of someone you trust. Now, consider the following:

Who knows enough or would be willing to learn about my mental health care plan?

Who could act on my behalf despite personal, ethical or spiritual differences on mental health care?

Who could assertively follow through on my mental health care plan?

Who could act assertively on my mental health wishes in medical settings?

Who could fulfill my mental health wishes despite potential disagreements within my caregiving community (family, friends, other)?

After this reflection, I will talk to the following people about becoming my Mental Health POA?

Start the Conversation

When asking someone to be your Mental Health POA, consider discussing:

- Details of your Diagnosis
- Details of your Mental Health Care Plan
- What the person might find challenging?
- How serving as your Mental Health POA may impact your relationship?
- Are they willing and able to fulfill your wishes?

What are other important questions or considerations you want to discuss:



COMPLETE & SHARE DOCUMENTS

My Mental Health Care POA is _____

My Alternate Mental Health Care POA is _____



IMPORTANT: This worksheet does not legally establish your Health Care POA. Be sure to complete the official documents in accordance with your state process and share with your caregiving community.

TIP: For more information see Creating a Care Plan: After the Conversation worksheet.

Selecting a Financial POA

Financial POA gives the agent authority to make financial decisions. These decisions may include paying bills, managing property, overseeing bank accounts, and directing investments.



IMPORTANT: Given a Financial POA can make financial decisions with little or no oversight, there is a greater risk of financial abuse.

Consider: Think of someone you trust. Now, consider the following:

Who could fulfill day-to-day financial obligations (e.g., paying bills, utilizing credit cards, etc.) reliably?

Who would be willing to seek financial advice and make sound decisions regarding my long-term financial future?

Who knows enough or would be willing to learn about my financial wishes and priorities?

Who do you see being financially responsible?

Who could fulfill my financial directives despite potential disagreements within my caregiving community (family, friends, other)? After this reflection, I will talk to the following people about becoming my Financial POA?

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COMPLETE & SHARE DOCUMENTS

My Financial POA is _____

My Alternate Financial POA is _____



IMPORTANT: This worksheet does not legally establish your financial POA. Be sure to complete the official forms in accordance with your state process and share with your caregiving community.

TIP: For more information see Creating a Care Plan: After the Conversation worksheet.

Creating a Care Plan:

ESTATE PLANNING AND CONSIDERATIONS

The process of establishing a legal, medical, or financial power of attorney is subject to state-specific laws. Be sure to check the requirements for your state(s) of residence. These worksheets are not intended to serve as legal, financial, or medical advice but are intended to serve as a starting point of information and reflection.



GET INFORMATION

Estate Planning is the process of arranging for the management and transfer of a person's estate in the event the person becomes incapacitated or upon death.

While an estate may include property and money, it can also include pets, dependents, debt, family heirlooms, and much more. It may designate assets owned outright or jointly, appoint a guardian for dependents and outline funeral arrangements.

Typically, estate planning includes identifying beneficiaries. A beneficiary is a person or entity designated to receive the benefits of an estate (or part of an estate) by someone else as part of an inheritance.

Estate Planning Categories

Last Will and Testaments

A Last Will and Testament may detail who, when, and how beneficiaries will inherit your property and assets. An executor may be established to fulfill and carry out the Last Will and Testament. In Arizona, there are several ways to establish a Last Will and Testament, and all require a court or probate process.

Living Trusts

A Living Trust allows the trustor to transfer assets into a trust while still maintaining ownership and control over what is defined within it. The person creating the Living Trust is called the trustor, and they designate a trustee to carry out the trust at the time of incapacitation or death. There are several types of trusts, so it is important to understand what types are available within a state.

Other Estate Considerations

Some additional considerations of estate planning may include:

- Retirement Beneficiaries
- Veteran's Benefits and Beneficiaries
- Life Insurance Beneficiaries
- Funeral Planning
- Pets
- Dependents
- Taxes
- Debt
- Car Titles
- House Deed

Estate Management Options

Appointing someone to manage an estate is an important decision. There are several types of estate managers including:

Guardianship

When an individual becomes incapacitated guardianship may be established. The guardianship legally appoints the incapacitated individual, known as the ward, a guardian who may have the legal authority to make decisions on behalf of the ward. This authority may include decisions making regarding health, personal care, and living arrangements.

Conservatorship

When an individual becomes incapacitated, a conservatorship may be established. A conservator is legally designated when an individual is determined incapacitated or unable to handle their personal and financial affairs. Typically, conservatorship focuses on matters related to money and property.

Fiduciary

If you do not have someone to act on your behalf, a fiduciary can be established. A fiduciary can also be established to act on behalf of someone who is incapacitated and does not already have anyone to speak on their behalf.

A fiduciary is a state-licensed individual or business that serves as a guardian for incapacitated persons and as a conservator for persons whose assets and estate require protection. There are two types of fiduciaries, public and private.

Note: Financial Power of Attorney (POA) gives a person the authority to make financial decisions and access financial accounts. This authority may include the ability to pay bills (including caregiving expenses), manage a property, oversee bank accounts, and direct investments. The Creating a Care Plan: Power of Attorney has additional information on Financial POAs and other types of POAs.



DEFINE PRIORITIES

My Estate Considerations

Now that you have reviewed this information think about your estate and what is important to you. What do you want to ensure is included in your estate planning?



DISCUSS DETAILS

Consider learning more about:

- How to complete your selected estate planning documents.
- How to confirm your documents are accessible and up to date.
- Community resources that assist with the completion of estate planning documents.



COMPLETE & SHARE DOCUMENTS



IMPORTANT: This worksheet does not legally establish your financial and estate planning. Be sure to complete the official documents in accordance with your state process and share with your caregiving community.



SCHEDULE NEXT DISCUSSION

It is important to regularly revisit estate planning as information, personal views, life events, and feelings may change.

TIP: Refer to Creating a Care Plan: Financial Considerations on how often you might consider revisiting legal and financial considerations.

My next estate planning conversation will be about:

My next estate planning conversation will be: (date) _____

Creating a Care Plan:

FINANCIAL CONSIDERATIONS

Disclaimer: These worksheets are not intended to serve as legal, financial, or medical advice but are intended to serve as a starting point of information and reflection.

In having caregiving conversations, financial considerations are likely to arise. These conversations may range from how to manage and protect money, and rectify debt, to how to pay for caregiving expenses. Creating a checklist of financial considerations to review can help guide these conversations.

In order to give someone legal authority to manage your finances, including the ability to pay bills, manage a property, oversee bank accounts, direct investments, etc. a power of attorney (POA) may need to be established. Learn more about POAs, including financial POAs in the Creating a Care Plan: Power of Attorney worksheet.



GET INFORMATION

When thinking about your financial profile, consider discussing:

Expenses

- Mortgage
- Credit Cards
- Loans (car, student, etc.)
- Utility Bills
- Medical Expenses
- Regular Expenses (pet care, food, hygiene)
- Future Planning (estate, funeral, long-term care)
- Transportation
- Other Debt: _____
- Other: _____

Income

- Retirement Benefits
- Social Security Benefits
- Veteran's Benefits
- Life Insurance
- Long Term Care Insurance

Additional Considerations

- Federal and State Tax Returns
- Medicare
- AHCCCS/ ALTCS (Medicaid)



DEFINE PRIORITIES

Start the Conversation

- What account information needs to be shared (i.e., utility accounts, retirement, bank, mortgage, etc.)?
- Is there contact information that needs to be shared (i.e., financial planner, life insurance, etc.)?
- Who will help manage your finances and estate (i.e., financial POA, executor, trustor, etc.)?
- What community resources can assist with completing financial planning documents (i.e., financial specialists, local area agency on aging)?
- What passwords need to be shared to ensure access to accounts?



COMPLETE & SHARE DOCUMENTS



IMPORTANT: This worksheet does not legally establish any aspect of your financial planning. Be sure to complete the official documents in accordance with your state process and share them with your caregiving community.

TIP: For more information, see the Creating a Care Plan: After the Conversation worksheet



SCHEDULE NEXT DISCUSSION

It is important to regularly revisit financial considerations as information, personal views, life events and feelings may change.

My next financial conversation will be about: _____

My next financial conversation will be: (date) _____

Creating a Care Plan:

HEALTH CARE ADVANCE DIRECTIVES

The process of establishing advance directives may be subject to state-specific laws. Be sure to check the requirements for your/your loved one's state(s) of residence. These worksheets are not intended to serve as legal, financial, or medical advice but are intended to serve as a starting point of information and reflection.



GET INFORMATION

There are several different types of Health Care Advance Directives, each outlining specific medical instructions about what one wants and does not want. Health Care Advance Directives are also referred to as medical advance directives or end-of-life documents. Health Care Advance Directives outline one's medical wishes in the case of incapacitation.

In Arizona, an incapacitated person is "any person who is impaired by reason of mental illness, mental deficiency, mental disorder, physical illness or disability, chronic use of drugs, chronic intoxication or other cause, except minority, to the extent that he lacks sufficient understanding or capacity to make or communicate responsible decisions concerning his person. . . ."2

Incapacitation may come about slowly over time or suddenly and unexpectedly. Establishing Health Care Advance Directives have been known to decrease stress and increase peace of mind as one's wishes are known to all.

Legally Binding Health Care Advance Directives

Living Will

A Living Will outlines your medical decisions in case you become incapacitated. A Living Will is especially helpful when you do not have an established Health Care POA. It is important for a Living Will to be regularly reviewed, updated, and communicated.

Power of Attorney (POA)

There are several different types of POAs, each authorizing power to act under certain circumstances. Not all POAs have the authority to make medical decisions. Two types of POAs related to Health Care Advance Directives are:

Health Care POA authorizes someone to make medical decisions on another's behalf when they become incapacitated. A Health Care POA could also be called a Durable POA for Health Care or Medical POA.

Mental Health POA authorizes someone to make mental health care decisions on another's behalf when they become incapacitated. A Mental Health POA only covers care related to a mental health diagnosis. A Mental Health POA could also be called Psychiatric Advance Directive (PAD) or Mental Health Proxy.

The Creating a Care Plan: Power of Attorney has additional information on these and other types of POAs.

2 Arizona State Legislature. (n.d.). Definitions. 14-5101 - Definitions. Retrieved February 3, 2023, from <https://www.azleg.gov/ars/14/05101.htm>

Five Wishes

The Five Wishes combines the Health Care POA and Living Will. This document also provides the opportunity to lay out additional personal, emotional, and spiritual end-of-life wishes.

Do Not Resuscitate (DNR)

The Do Not Resuscitate (DNR) also known as a Prehospital Medical Directive alerts emergency medical technicians (EMTs) or hospital emergency personnel not to resuscitate during cardiac arrest. Both the patient and their physician complete the DNR. The DNR states not to use cardiopulmonary resuscitation (CPR) measures, equipment, drugs or devices to restart breathing if one goes into cardiac arrest or stops breathing. A DNR does not prevent medical comfort care interventions.

Arizona Physician's Orders for Life-Sustaining Treatment (POLST)

The Arizona POLST is a doctor's order signed by both the patient and doctor that outlines specific healthcare decisions to be executed in case of incapacitation. It is primarily used for those with a terminal illness, chronic conditions, or serious illness. In other states, this may be referred to as Medical Orders for Life-Sustaining Treatment (MOLST).

Other Legally Binding Health Care Advance Directives to Consider:

Veteran's Administration Advance Directives

Organ and Tissue Donation

Non-Legally Binding Health Care Advance Directives

Ethical Will

An Ethical Will also referred to as a Legacy Letter, is a self-written letter outlining life lessons, values, blessings and hopes for the future.



DEFINE PRIORITIES

Selecting a Health Care Advance Directives

Selecting a Health Care Advance Directive is an important decision. You should consult with their medical provider and fully understand the details and implications of signing a directive.

Consider:

Are there specific medical treatments or procedures that you do or do not want (placement on a ventilator, artificial hydration/nutrition, organ/tissue donation, pain management, etc.)?

If you could never communicate your wishes, what would be important for others to know? What documents might help communicate those wishes?

Reflect on your current health, history, age, and past conversations with your health provider. Do you want to learn more about a DNR or Arizona POLST?

After this reflection, I will learn more about the following Health Care Advance Directives:



DISCUSS DETAILS

Consider learning more about:

- How to complete your selected Advance Health Care Directive.
- How to confirm your Advance Health Care Directive is accessible and up to date.
- Where your Advance Health Care Directive needs to be placed (in a medical record, posted on a door, on file with a community living, etc.).
- Information on Advance Health Care Directive digital storage.
- Community resources that assist with the completion of the Advance Health Care Directive.



COMPLETE & SHARE DOCUMENTS



IMPORTANT: This worksheet does not legally establish your Advance Health Care Directive. Be sure to complete the official documents in accordance with your state process and share them with your caregiving community.



SCHEDULE NEXT DISCUSSION

It is important to regularly revisit Health Care Advance Directives as information, personal views, life events, and feelings may change.

My next Health Care Advance Directive conversation will be: (date) _____



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