



SENIOR LAW SOLUTIONS

LIFE CARE PLANNING

You have been provided with a copy of the booklet “Five Wishes”.

This is a planning guide to help you determine what may be important to you in the event that you are unable to tell others about your medical care and treatment options. In our experience, being unable to do so in the future can be due to multiple reasons and may happen very suddenly. So, planning ahead is an opportunity for you to make your wants and wishes known.

Please take a few moments and reflect on this important topic. If you were no longer able to communicate, who would you trust and want to be your “voice”? Who best to let others know your previously made decisions? What would those decisions be? What do you want your legacy to be?

We feel that the best way is to determine what has been vital to your way of life so far. And how can you choose if you don't know what your options are?

Doing so, may make some people, their families and friends uncomfortable. If this is your situation, please call us. We can help start the conversation AND put your wishes into place. Your doctor is also a great source of knowledge, they can help you make choices about your current and future medical care and treatment options during a routine visit.

Here are a few questions to ask yourself before completing your Advanced Directives

1. Who do I think would be the MOST willing to act on my wishes and speak for me if I couldn't?
2. Who knows my wishes and understands me the most?
3. Who do I trust with my life the most?
4. What do I value about my physical and mental well-being?
5. What are my fears about the end of life? DO I have other concerns that I need to think about, and plan for? (Such as sedation, pain medications, artificial hydration and nutrition)
6. Would I want hospice care, and if so, where do I want that care to be provided?
7. How much do I want to know about my condition? Do I want to be told everything by my Medical Team, or do I prefer not to know the prognosis?
8. How much care do I want to receive? Do I want indefinite care, even if it is uncomfortable?

9. How involved in my care do I want my family to be? Are there any existing conflict among my family members?
10. When the time comes, would I prefer to be alone, or to have my family surrounding me?
11. Would I want CPR, a machine that breaths for me or a ventilator?

These are difficult questions, we know. However, making these difficult decisions now, is part of how you have probably lived your life. Independent, self sufficient and forward thinking. Difficult decisions normally take time. Talk to your doctor, family, Clergy.