The Essential Guide to End-of-Life Planning

<u>What is End-of-Life Planning?</u>

- Process of organizing and documenting your preferences for medical care, financial arrangements, and personal wishes for the period leading up to and following your death.
- End-of-life planning is important because it:
 - Ensures your wishes are respected
 - Reduces stress for loved ones
 - Provides clarity during difficult times



What are Advance Healthcare Plans?

- Advance Healthcare Directive
 - A set of instructions that outlines your healthcare wishes



- Living Will
 - Outlines your healthcare wishes for end of life care if you become terminally ill and unable to make decisions.
 - Specifies treatments you want or don't want, how long you want your life prolonged, and possibly your religious preferences.
 - <u>Click here to learn more</u>
- Durable Power of Attorney for Healthcare
 - Legal document that designates a person to make medical decisions on your behalf if you are unable to do so.
 - <u>Click here to learn more</u>

<u>Key Components Of End-of-Life</u> <u>Planning</u>

- Advance Care Planning
 - Making decisions about the healthcare you would want to receive if you cannot speak for yourself, and documenting these preferences.
- Palliative Care
 - Specialized medical care focused on relieving and improving the symptoms of a serious illness.
 - <u>Click here to learn more</u>
- Hospice Care
 - Provides comfort to patients with terminal

Trusted Organizations

<u>NIA</u>

National Hospice and Palliative care organization

<u>American Geriatric Society</u>

Education in Palliative and Endof-life Care: EPEC Project

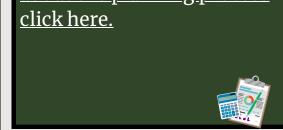
<u>National Association for the</u> <u>Advancement of Colored People</u>

Death and Dignity

<u>Financial Planning</u>

Financial planning is the process of organizing and managing an individual's assets and financial affairs to ensure their distribution according to their wishes after death. <u>To learn more</u> <u>about the planning process</u>

- illnesses, focusing on quality of life rather than curative treatment.
- <u>Click here to learn more</u>
- End-of-Life Decisions
 - Involves choices regarding life-sustaining treatments, resuscitation, artificial nutrition and hydration.
- Comfort and Dignity
 - Respecting the individual's cultural, religious, and personal beliefs.



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Contact information



