

# The Essential Guide to End-of-Life Planning

## What is End-of-Life Planning?

- 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
  - [Click here to learn more](#)
- **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.
  - [Click here to learn more](#)
- **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.
  - [Click here to learn more](#)



## Trusted Organizations

[NIA](#)

[National Hospice and Palliative care organization](#)

[American Geriatric Society](#)

[Education in Palliative and End-of-life Care: EPEC Project](#)

[National Association for the Advancement of Colored People](#)

[Death and Dignity](#)

## Key Components Of End-of-Life Planning

- **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.
  - [Click here to learn more](#)
- **Hospice Care**
  - Provides comfort to patients with terminal illnesses, focusing on quality of life rather than curative treatment.
  - [Click here to learn more](#)
- **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.

## Financial Planning

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. [To learn more about the planning process click here.](#)




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HEALTH EQUITY AT  
THE END OF LIFE

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