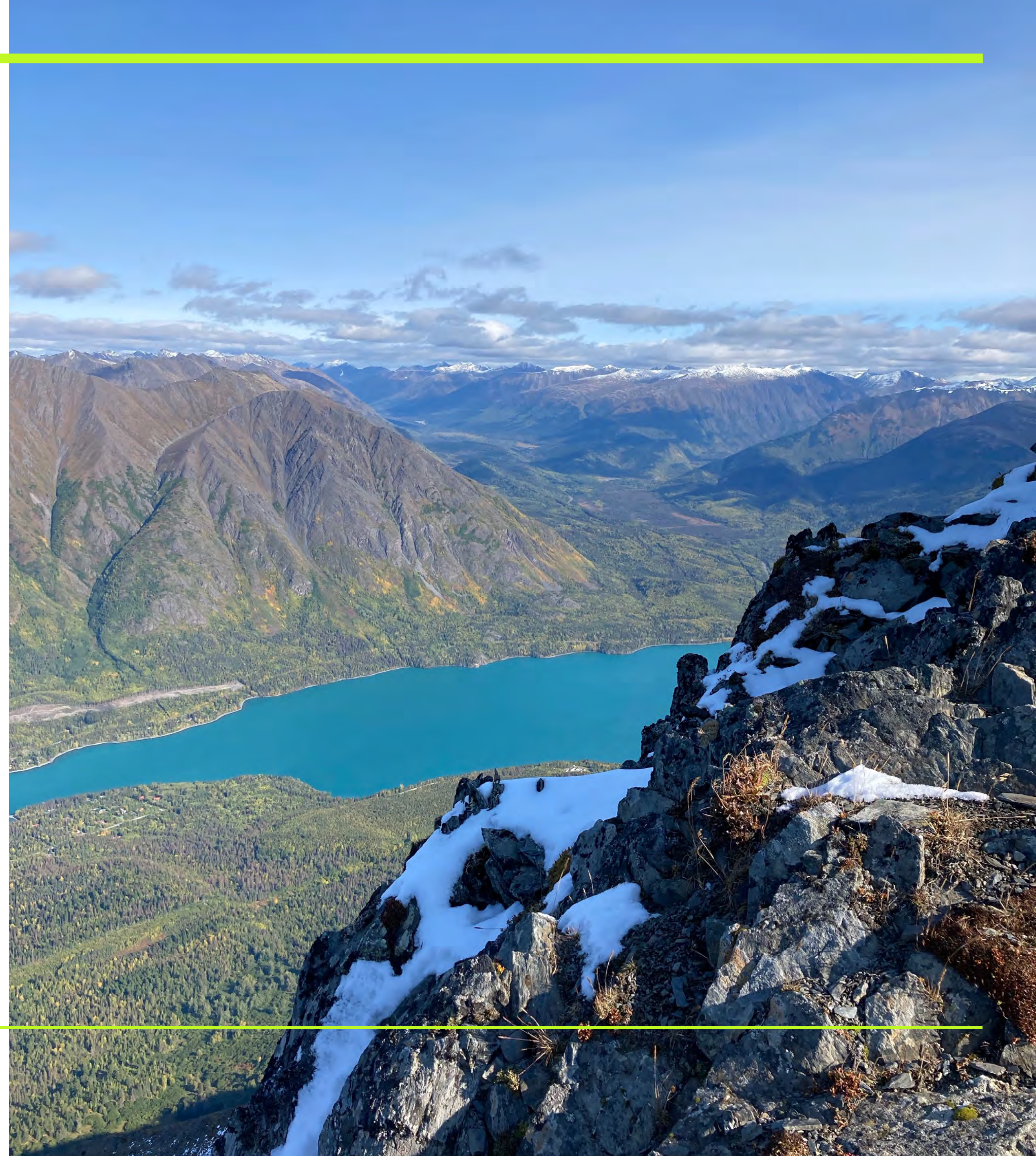




End of Life Decision Making

First do no harm.



What is a power of attorney?



-
- Someone who speaks for you when you cannot speak for your self.
 - You can have more than one
 - You have the option to limit the power they have- Agent's authority
 - POA can make all decisions about medications, treatments, health care providers or institutions. They make decisions about all end of life issues. They can agree to or refuse organ donation
 - May be court ordered if necessary.
-

Talk to your power of attorney !
Make your wishes clear!



Codes

What are they?

Do they work?



END OF LIFE OPTIONS

- Resuscitation
 - Codes- chemical, electrical, CPR
 - Intubation
 - Fluids and nutrition
 - Pain control
 - Choosing not to give antibiotics for infections
 - Choosing to stop chemotherapy in cancer treatment
 - Pacemakers and defibrillators
-

What is a living will?
What is an advanced
directive?



The paperwork available

- State of Alaska Advanced Care Directive
 - Five Wishes
 - POLST form
 - Being phased out- Comfort one
-

Five Wishes

State of Alaska Advanced Directive



State of Alaska Advance Health Care directive

- Includes Power of Attorney / Health care proxy
- Has options for end of life care, including choice to prolong life, or not to prolong life.
- Confusing overall for this, but you can write in specifically what you might want.
- Can be downloaded for free from the state, requires 2 witnesses or a notary to sign
- Limitations on signers: (A) signed by two qualified adult witnesses who are personally known to you and who are present when you sign or acknowledge your signature. The witnesses may not be a health care provider employed at the health care institution or health care facility where you are receiving health care, an employee of the health care provider who is providing health care to you, an employee of the health care institution or health care facility where you are receiving health care, or the person appointed as your agent by this document. At least one of the two witnesses may not be related to you by blood, marriage, or adoption or entitled to a portion of your estate upon your death under your will or codicil

-

Five Wishes

- Wish one is power of attorney
 - Wish two is your preferences for medical interventions
 - Wish three , four, and five are your preferences during your end of life care.
 - Can be notarized or signed by two random people, who cannot be related, inheritors, or work in your medical facility or insurance office, or a creditor . Very specific on the form. Not allowed in all states
-

-
- Options include:
 - I want to have life support treatment
 - I do not want life support treatment. If it has been started, I want it stopped
 - I want to have life support treatment if my doctor believes it could help. But I want my doctor to stop giving me life support treatment if it is not helping my health condition or symptoms.
 - There is room to write in other desires
-

-
- Specific instances listed are:
 - Close to death
 - In a coma and not expected to wake up or recover
 - Permanent and severe brain damage and not expected to recover
 - Any other condition under which I do not wish to be kept alive.
-

What is a POLST form?



-
- Physician Order for Life Sustaining Treatment
 - It requires a full conversation with a care provider.
 - The form states ‘Health care providers should complete this form only after a conversation with their patient or the patient’s representative. The POLST decision making process is for patients who are at risk for a life threatening clinical event because they have serious life limiting medical condition, which may include advanced frailty”
 - This is a medical order. It is not an advanced directive.
 - It does not include a power of attorney
 - For that reason, it is not a stand alone document. You also need either a state or Alaska advanced directives or Five Wishes if you wish to have a POA.
 -
-

Decisions that need to be made include: CPR or no CPR

Initial treatment orders- if there is a pulse and there is breathing-

either full treatment (which includes CPR), to attempt to sustain life by all medically effective means

Selective treatment- attempt to restore function while avoiding intensive care and resuscitation efforts

Comfort focused treatments.

There is an option for medically assisted nutrition- feeding tube or not

Have to confirm that this does not conflict with a standing advanced directive



- How do I make sure that my advanced directives are seen and acted upon?

In real life, do living wills make a difference?

- No, they don't make a difference for:
 - Length of stay in the hospital
 - Time on a ventilator
 - Cost of care
 - Time in the ICU.
-
- So why are we having this conversation?
-

What are the important things to consider when making end of life decisions when faced with serious illness?



If your health were to get worse, what are your most important goals?

What are you most worried about?

What gives you strength when you think about the future?

What activities bring joy and meaning to your life?

If your illness gets worse, how much would you be willing to go through for the possibility of more time?

A wide-angle landscape photograph of a mountain range. In the foreground, a hiker wearing a blue jacket and a backpack is standing on a rocky, brownish ridge. The background features a deep valley with layered rock formations and distant, snow-dusted mountain peaks under a cloudy sky. The overall scene is rugged and scenic.

The Conversation Project

Workbook: What Matters to me



Estate Planning

Lindsay
Wolter

Durable Power of Attorney

- Legislatively created form
- Designate agent(s) to act on your behalf for non-medical decisions
- May be effective immediately or only when you cannot manage your own affairs
- Can be terminated or updated at any time during your lifetime
- Is effective only while you are alive
- Can find form on Alaska Court Form website

Advance Health Care Directive

- Legislatively created form
- Designate agent(s) to act on your behalf for only medical decisions
 - Provide guidance to your agent(s)
- Can be terminated or updated at any time during your lifetime
- Alternatives: Five Wishes and Compassion & Choices

Living or Community Property Trusts

- Avoids probate
- You are the trustee of your trust
- Names successor trustee
- States how assets in trust are to be distributed after your death
- Can be amended or revoked during your lifetime
- After creating the trust, you must “load” it (put assets into it)
 - Personal property
 - Real property
 - Financial Accounts
 - USCG documented vessels
 - Motor vehicles
 - LLC/Corporation
 - Owner financed sale

Transfer on Death Deed

- Great for some (simple) situations; possible to avoid having a trust
- Possible delay in sale of property

Last Will and Testament

- Does not avoid probate, but does allow you to direct how your assets will be distributed (otherwise law of intestate succession would apply)
- Written in your own handwriting and signed *or* typed, signed and witnessed by two people
- Identifies your Personal Representative
- States how your assets are to be distributed after your death
- Can indicate burial/cremation, and guardians for minor children

Thank you!



We're all going to die



How to make this reality a little bit easier.



Death Planning is important because it tells others what is important to you and allows them to advocate on your behalf.

Death is different for everyone.

What stops us from planning?



"I have more time"

I don't have time to plan this or it's too soon to be thinking of this.



"It doesn't matter"

I'm not going to be here so why does it matter?



Fear of Death

"Talking about Death is Morbid."

Common Fears of Death



Fear of Pain

Will death be painful?
How can I get through this?



Fear of Leaving Loved Ones Behind

What will they do
without me? How will
they manage?



Fear of the Unknown

What can I expect? Do I
have to give up control?



Fear of Life Not Having Purpose or Meaning

What have I accomplished in my life?

The Reality of Death

We fear death because we want:

Control

Planning is the way to get control.

- No plan is perfect but it gives a roadmap.
- The opportunity to decide what matters to you.
- Let others know of our wishes so they can advocate for us in end of life. (i.e. Five Wishes, Advanced Directive, Will, etc)

Death is a team sport



Who is on
your
team?



Team Members can include Spouses, Children, Family Members, Friends, Healthcare Providers, Medical Professionals, Care Coordinators, Lawyers, Organizations, Community Members, and anyone you trust to advocate on your behalf.

Find a Death Buddy - someone you can talk to about death without judgement

Ask the Difficult Questions

Fill out an Advanced Directive or Five Wishes and consider mentioning:

- What about a Dementia Diagnosis?
- What about a Stroke?

When someone receives a diagnosis:

- What does this diagnosis mean? How does it progress?
- How will routines and independence change?
- Will they be the same person as before?
- What treatments are available?
- What does it look like long-term?

What to consider:



Where?

Do you want to die in a hospital or at home? Dying at home requires more care and others to care for you. The practical considerations to consider: Will a hospital bed and other necessary equipment fit in my home?



Who?

Talk with your potential caregiver about your wishes so they can plan ahead. Identify resources and organizations now, before they're urgently needed. Ask for help early — know what support is available to you.



How?

Write it down! Your passwords, your login information for accounts, your bills, etc. Share it with a trusted individual who can take care of these things if you're in the hospital.

Death Planning can be fun too.

- Do you want a Celebration of Life?
- Do you want a Living Funeral?
- Do you want to be cremated/buried/green burial?
- How do I want to be remembered?
 - Create videos for loved ones
 - Documenting your story
 - Going through photos with family



Other considerations

What happens to your pets?

The website, Pet Peace of Mind, has a planning document to plan for your pet's future if something happens to you.

Check out:

<https://www.petpeaceofmind.org/about-us>.

What about your Social Media?

Create a digital will to provide instructions on what to do with your emails and social media accounts.

Swedish Death Cleaning

Swedish Death Cleaning is a gentle, practical approach to decluttering and organizing your belongings so that your loved ones don't have to deal with an overwhelming amount of stuff after you die.

How do you want to live the
rest of your life?

Resources



Hospice of Homer

<https://www.hospiceofhomer.org>

Walking Each Other
Home Death Doulas

Looking to talk about death?

Connect with a death doula to
talk about what you want at
end of life.

Independent Living Center

For Info on Medicaid Waiver
and additional resources.

Compassion and Choices

<https://compassionandchoices.org>

Five Wishes

<https://www.fivewishes.org>

The Conversation Project

<https://theconversationproject.org>

The Order of the Good Death

<https://www.orderofthegooddeath.com>



Thank You!

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907-235-6899

Questions?





Thank you for coming!

This presentation will be posted
on the South Peninsula Hospital
website at www.sphosp.org

*South Peninsula Hospital Community
Health and Wellness Education*