

Health Decisions Resources
ABA Commission on Law and Aging
July 2012

WORK BOOKS TO ASSIST WITH ADVANCE PLANNING

Consumer's Tool Kit for Health Care Advance Planning, by the ABA Commission on Law and Aging is available for free download at:

http://www.americanbar.org/groups/law_aging/resources/consumer_s_toolkit_for_health_care_advance_planning.html

Caring Conversations Workbook, published by the Center for Practical Bioethics, is both a workbook and advance directive. It can be downloaded for free from their web site: <http://www.cpbmembers.org/documents/Caring-Conversations.pdf>

“Good to Go” Toolkit and Resource Guide, published by Compassion and Choices. It can be downloaded free at <http://www.compassionandchoices.org/g2g>

Thinking Ahead: My Way, My Choice, My Life at the End. This workbook and video was created by California advocates with developmental disabilities from three regional centers. Available for free at:

<http://www.dds.ca.gov/ConsumerCorner/ThinkingAhead.cfm>

The Go Wish Game -- a card game for sorting out values related to end-of-life decision-making, created by the Coda Alliance, a community organization in Santa Clara County, California. It gives you an easy, entertaining way to think and talk about what's important to you if you become seriously ill. Available for purchase at: www.codaalliance.org

MyDirectives.com -- MyDirectives is a free web-based service that walks you through the process of creating your own Universal Advance Digital Directive which can be digitally signed. The directive is encrypted and stored in their secure database and is available to you and your medical treatment providers 24 /7. No one can change any information in the file except the maker of the directive.

For Health Care Proxies/Agents:

Making Decisions for Someone Else: A How-To Guide, published by the ABA Commission on Law and Aging, this guide is for anyone serving in the role of health care decision maker for someone else:

http://www.americanbar.org/content/dam/aba/uncategorized/2011/2011_aging_bk_proxy_guide_gen.authcheckdam.pdf

SELECTED ADVANCE DIRECTIVE FORMS

Multi State Form:

- *Giving Someone a Power of Attorney for Your Health Care: A Guide with an Easy-to-Use Legal Form for All Adults*, prepared by the ABA Commission on Law and Aging (2011), available at http://www.americanbar.org/groups/law_aging/resources/health_care_decision_making.html
- *Five Wishes Advance Directive*. Published by Aging with Dignity. This nationally used and very popular advance directive focuses on ways of talking about health care wishes and needs. Available for purchase and download from their web (for purchase): www.agingwithdignity.org. Also available by mail order from P.O. Box 11180, Tallahassee, FL 32302-3180.
- *A Guide to Living Wills and Health Care Proxies*, by Harvard Medical School (for purchase): www.health.harvard.edu/special_health_reports/the-health-care-power-of-attorney-and-living-will

Links to state-specific Advance Directive forms. There are several places you can locate forms that have been published for specific states by bar associations or health organizations.

- ABA Commission on Law and Aging website at: www.americanbar.org/content/dam/aba/migrated/2011_build/law_aging/st_spec_adv_dirs_update_2-11.authcheckdam.pdf
- National Hospice and Palliative Care Association at: <http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>
- NOAH (New York Online Access to Health): <http://www.noah-health.org/en/rights/endoflife/adforms.html>

GENERAL END-OF-LIFE CARE RESOURCES

Handbook for Mortals: Guidance for People Facing Serious Illness (2nd Ed., Oxford Univ Press, 2011) by Joanne Lynn, Joan Harrold, and Janice Lynch Schuster. A comprehensive and readable 320-page guide to dealing with serious, eventually fatal illness, available in book stores and on-line.

Hard Choices for Loving People: CPR, Artificial Feeding, Comfort Measures Only and the Elderly Patient, by Hank Dunn. A&A Publishers, Inc. P.O. Box 1098, Herndon, VA 20172-1098 (Tel. 703-707-0169). Web site: www.hardchoices.com
A concise and helpful 48-page booklet on end-of-life decisions concerning resuscitation, food and fluids, hospitalization, and cure versus comfort care.

National Health Decisions Day web site: <http://www.nhdd.org>