

## **Resources: Advance Planning for Health Care**

Here are some in-depth resources about end-of-life issues and advance medical directive forms.

### **THINKING AND DISCUSSION WORKBOOKS**

**The Consumer's Tool Kit for Health Care Advance Planning**, by the ABA Commission on Law and Aging, available at [www.abanet.org/aging](http://www.abanet.org/aging). The Tool Kit contains a variety of self-help worksheets, discussion guides, suggestions, and resources. There are 10 user-friendly tools in all. The Kit does not create a formal advance directive for you. Instead, it helps you do the much harder job of discovering, clarifying, and communicating what is important to you in the face of serious illness.

**Caring Conversations Workbook**, published by the Midwest Bioethics Center, 1021-1025 Jefferson Street, Kansas City, MO 64105-1329 (Tel. 816-221-1100). This is both a comprehensive do-it-yourself workbook on planning for end-of-life care and an advance directive. It can be downloaded for free from their web site: [www.midbio.org](http://www.midbio.org). (Parts of the ABA Tool Kit were adapted from this publication.)

### **ADVANCE DIRECTIVE FORMS**

**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. Can be purchased and downloaded from their web site: [www.agingwithdignity.org](http://www.agingwithdignity.org). Also available by mail order from P.O. Box 11180, Tallahassee, FL 32302-3180.

**Shape Your Health Care Future with Health Care Advance Directives**. Published jointly by the American Bar Association, the American Medical Association, and the American Association of Retired Persons. Available for free on the ABA web site at: [www.abanet.org/aging](http://www.abanet.org/aging).

## HANDBOOKS AND LEGAL GUIDES

**Handbook for Mortals: Guidance for People Facing Serious Illness**, by Joanne Lynn, MD, and Joan Harrold, MD (NY: Oxford University Press, 1999), available through the web site of Americans for Better Care of the Dying [www.abcd-caring.org](http://www.abcd-caring.org). A most comprehensive and readable 242-page guide to dealing with serious, eventually fatal illness.

**The ABA Guide to Wills and Estates**, Part Seven: When You Can't Make A Decision, [www.abanet.org/publiced/practical/estates\\_part7.pdf](http://www.abanet.org/publiced/practical/estates_part7.pdf)

**The ABA Legal Guide for Older Americans**, Chapter 9B Health Care Decision-Making Tools, [www.abanet.org/aging/chapter/home.html](http://www.abanet.org/aging/chapter/home.html).

## HELPFUL ORGANIZATIONS

**Midwest Bioethics Center**, 1021-1025 Jefferson St., Kansas City, MO 64105. (Tel. 816-221-1100). A non-profit ethics resource center dedicated to a health care delivery system anchored in respect for patients and their families and guided by ethical discourse. They publish the **Caring Conversations Workbook**, described above. Web page: [www.midbio.org](http://www.midbio.org).

**Americans for Better Care of the Dying**, 2175 K Street, NW, Suite 820, Washington, DC 20037-1803 (Tel. 202-530-9864). ABCD is a non-profit public charity dedicated to social, professional, and policy reform aimed to improve the care system for patients with serious illness and their families. Web page: [www.abcd-caring.org](http://www.abcd-caring.org).