

Resources for Advance Planning for Healthcare Decision-Making

General Information

A Good Death: Challenges, Choices and Care Options, by Charles Meyer (1998). A 64 page paperback available in many book stores.

Hard Choice for Loving People: CPR, Artificial Feeding, Comfort Care, and the Patient with a Life-Threatening Illness, by Hank Dunn. An 80 page booklet written by a hospice chaplain. Contact at www.hardchoices.com or call 571-333-0169.

End-of-Life Care: Advance Care Planning – Provides free brochures and state-specific advance directives to provide you with information and resources for advance care planning. Contact National Hospice & Palliative Care Organization at www.caringinfo.org.

10 Legal Myths About Advance Medical Directives – A compiled list of common myths about advance directives and the facts that dispel them. Contact American Bar Association Commission on Law and Aging at www.abanet.org/aging or call 202-662-1000.

NOTE: If you live or receive health care in jurisdictions other than Maryland, please be sure to check for specific requirements and restrictions regarding advance directives in that area. The District of Columbia has stricter requirements for witnesses, for instance.

Decision-Making Tools

Consumer's Tool Kit for Health Care Advance Planning– Contains 10 “tools” that provide a variety of self-help worksheets, suggestions, and resources to help you “discover, clarify, and communicate” what is important to you in the face of serious illness. Contact the American Bar Association Commission on Law and Aging at www.abanet.org/aging or call 202-662-1000.

End-of-Life Decision-Making – Outlines issues to consider when you or a loved one is faced with end-of life decision-making and provides resources for additional assistance. Contact the Family Caregiver Alliance at www.caregiver.org or call 415-434-8106.

End of Life Choices: Holding on and Letting Go – Discusses the shifting emotions and considerations involved in “holding on” or “letting go”, planning ahead for end-of-life care, and some of the related matters that come up during chronic illness. Contact the Family Caregiver Alliance at www.caregiver.org or call 415-434-8106.

Resources for Advance Planning for Health Care Decision-Making (Continued)

Caring Conversations Workbook - published by the Center for Practical Bioethics. This is both a workbook and advance directive. Download for free at www.practicalbioethics.org or call 816-221-1100.

Advance Health Care Directive Forms

Download the newest Maryland form 2006 from the State Attorney General's office at www.oag.state.md.us/healthpol/.

Download an Advance Directive - Provides free state-specific advance directive documents and instructions. Contact National Hospice & Palliative Care Organization at www.nhpc.org.

Download a Wallet Card – States that you have an advance directive. Contact the American Hospital Association at www.putitinwriting.org

Five Wishes - Document that helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. Addresses medical, personal, emotional and spiritual needs. Also encourages discussing your wishes with your family and physician. It can be viewed for free; \$5 charge for printable version. Contact Aging with Dignity at www.agingwithdignity.org or call 888-594-7437.

Resources for Health Care Agents

Making Medical Decisions for Someone Else: A Maryland Handbook. Download at www.oag.state.md.us/healthpol.proxyhandbook.pdf or request a printed copy of the booklet by leaving your name and address at 410 576-7000 or email proxies@oag.state.md.us

Local Resources

The website of the *Montgomery County Coalition for End-of-Life Care* has information on local and national resources: www.mccelc.org.

Advance Directives Day is sponsored by the *Montgomery County Coalition on End-of-Life Care* along with multiple health care organizations and facilities across the County, in an effort to promote knowledge about and execution of advance directives for health care.

The *Montgomery County Coalition on End-of-Life Care* consists of individuals and representatives of organizations concerned with improving end-of-life care in the County. The mission of the Coalition is to help residents of Montgomery County understand end-of-life options and learn how to communicate their choices to family and healthcare providers before a crisis or serious illness occurs.