

## Resources for Advance Planning for Healthcare Decision - Making 2008

### General Information

National Health Care Decisions Day web site <http://www.nationalhealthcaredecisionsday.org>. Contains lots of useful information including links to many other web sites including many listed below, as well as individual state sites and sites to download copies of advance directives.

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](http://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](http://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](http://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](http://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](http://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](http://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](http://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/](http://www.oag.state.md.us/healthpol/).

You can download an updated DC form, created by the District of Columbia Hospital Association, from <http://www.dcha.org/Publications/AdvanceDirective.pdf>. This form is good for Maryland and VA as well, but lacks the details and options of the Maryland form.

Download an Advance Directive for any state from Caring Connections at <http://www.caringinfo.org/stateaddownload>.

Download a Wallet Card that states you have an advance directive, from the American Hospital Association at [www.putinwriting.org](http://www.putinwriting.org)

Five Wishes is another advance directive form that addresses medical, personal, emotional and spiritual needs. It also encourages discussing your wishes with your family and physician. It can be viewed for free but there is a \$5 charge for a printable version. Contact Aging with Dignity at [www.agingwithdignity.org](http://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](http://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](mailto: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](http://www.mccelc.org).

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.