

## June 23, 2024 “Hiking Through the Valley Of the Shadow”

### Advance Directive

- Legal written statements for circumstances in which individuals cannot speak for themselves
- **“Durable Power of Attorney for Health Care” appoints a surrogate decision maker. *\*The most important document for any life stage!\****

Honoring Choices Pacific Northwest® fillable and printable forms available:

<https://www.honoringchoicespnw.org/advance-directive-documents/>

<https://wsma.org/POLST>. (Portable Orders for Life-Sustaining Treatment; green paper)

## **Advance Care Planning**

<https://vimeo.com/263029611> Advance Care Planning 101

<https://vimeo.com/263029660> Choosing a Health Care Agent

<https://vimeo.com/263032557> So, What Is an Advance Directive?

## Prepare for Your Care

<https://prepareforyourcare.org/en/movie> The PREPARE Movie

## 6-Minute Video: CPR and Intubation

(<https://www.mmcmgservices.org/codestat.html>)

Dementia Action Collaborative of WA State (<https://www.dshs.wa.gov/altsa/dementia-action-collaborative>)

Psalm 116:15

“Precious in the sight of the Lord is the death of his saints.”

Psalm 23:4 “Yea, though I walk through the valley of the shadow of death, I will fear no evil...”.