

A piece of the puzzle

Information for senior care
providers and professionals



*helping you solve your puzzle
so all the pieces fall into place*

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Advance Care Planning: Resources for Professionals

National Healthcare Decisions Day: www.nhdd.org

Founded in Virginia in 2006, and expanded nationally in 2008, NHDD aims to inspire, educate and empower the public and providers about the importance of advance care planning. This initiative encourages patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. National Healthcare Decisions Day is now an initiative of The Conversation Project, which works in collaboration with the Institute for Healthcare Improvement.

The Conversation Project: <https://theconversationproject.org/>

This organization is dedicated to helping people talk about their wishes for end-of-life care. Their Community Resources page provides a lot of materials for promoting National Healthcare Decision Day as well as tool kits for professionals, individuals, and families:

- Coaching the Conversation: A Guide to Facilitating Conversation Groups: https://theconversationproject.org/wp-content/uploads/2015/06/TCP_CoachingConv_Final.pdf
- Conversation Starter Kit: <https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-ConvoStarterKit-English.pdf>
- Conversation Starter Kit / Dementia: <https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Alzheimers-English.pdf>
- How to Choose a Health Care Proxy and How to Be a Health Care Proxy: <https://theconversationproject.org/wp-content/uploads/2017/03/ConversationProject-ProxyKit-English.pdf>
- How to Talk to Your Doctor: <https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-TalkToYourDr-English.pdf>
- Pediatric Starter Kit: Having the Conversation with Your Seriously Ill Child: <https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Pediatric-English.pdf>

End of Life Washington: <https://endoflifewa.org>

End of Life Washington guides people in planning for the final days of their lives and provides free end-of-life counseling and client support services statewide to qualified patients who desire a peaceful death. The organization encourages advance planning and set a new standard in Washington for advance planning documents. End of Life Washington advocates for better pain management, patient-directed end-of-life care, and expanded choice for the terminally ill; the organization does not suggest, encourage, or promote suicide or euthanasia.

- End of Life Washington Advance Directive: <https://endoflifewa.org/advance-directive>
- Alzheimer's Disease and Dementia: Maintaining Dignity and Control of the End of Life. Advice about Alzheimer's, the concept of allowing a natural death, and the benefits of hospice care: <https://endoflifewa.org/wp-content/uploads/2012/09/Alzheimers.and.End.of.Life.Handout.10.2015.pdf>
- Alzheimers Disease and Dementia Advance Directive: <https://endoflifewa.org/alzheimers-diseasedementia-advance-directive/>
- About My Instructions for Oral Feeding and Drinking: <https://endoflifewa.org/wp-content/uploads/2017/10/About-instructions-for-oral-food-and-water-FINAL-10-2-17.pdf>
- My Instructions for Oral Feeding and Drinking: <https://endoflifewa.org/wp-content/uploads/2017/10/Instructions-for-oral-food-and-water-FINAL-10-2-17.pdf>

Life Design Notes

Use this notebook with clients to capture their personal and practical information, goals, and plans, for themselves and their loved ones. It keeps all their information and documents in one place, to guide their family in the event that care assistance is needed or at the time of death. The notebook is in three-ring binder form, to easily insert additional pages or documents in protective sleeves. Life Design Notes is currently available in English and English/Japanese versions and can be purchased through www.LifeDesignNotes.com. For questions, contact Yoko Moriyama at 206-310-9636.

Other resources

Aging With Dignity (Five Wishes): www.agingwithdignity.org
Alzheimer's Association – Western & Central Washington State Chapter: www.alz.org/alzwa/
Begin the Conversation: <http://www.begintheconversation.org>
Consider the Conversation: www.considertheconversation.org
Disability Rights Washington: www.disabilityrightswa.org/
Donate Life America: <http://donatelife.net>
LifeCenter Northwest – organ and tissue donation: www.lcnw.org/
National Hospice and Palliative Care Organization: www.nhpco.org
People's Memorial Association: <http://peoplesmemorialorg.presencehost.net/>
U.S. Living Will Registry: <http://liv-will1.uslivingwillregistry.com/forms.html>
Washington State Hospice & Palliative Care Organization: www.wshpco.org/