

DecideYourCare.org Members

AARP

Alzheimer's Association, New York City Chapter

American Cancer Society, Brooklyn NY

CancerCare

Council for Senior Centers & Services

Empowering Caregivers

Enclara Health

Friends & Relatives of the Institutionalized Aged (FRIA)

Friends In Deed

Hospice Alliance of Downstate New York State

Hospice and Palliative Care Association of New York State

Martin Petroff, Attorney at Law

Metropolitan and New Jersey State Funeral Directors Associations

Metropolitan NY Synod of Evangelical Lutheran Church in America

New Jersey Hospice and Palliative Care Organization

New York Citizens' Committee on Health Care Decisions

New York Legal Assistance Group - Total Life Choices

New York Organ Donor Network

UJA Federation of New York - Jewish Healing & Hospice Alliance

Veterans Health Administration – VISN 3

VNSNY

Westchester End of Life Coalition

*Supported by American Hospice Foundation and
Hospice Alliance of Downstate New York*

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DecideYourCare.org

Mission

Formerly known as the Caring Coalition of Metro NY, DecideYourCare.org is a non-profit alliance of healthcare organizations to promote advance healthcare decision-making. Our members share the common goal of enhancing access to quality end-of-life information, education and services. The coalition seeks to provide networking opportunities, strengthen collaborative initiatives and promote life care planning for all residents of the Metro New York and New Jersey area.

Goals

1. Encourage conversations about issues that occur in life-threatening, progressive or advanced illness.
2. Enhance consumer understanding and participation in medical decision-making.
3. Inform the public about advance care planning.
4. Promote life care planning through education of the professional community.

For more information:

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DecideYourCare
.org

Life Care Planning

... a beginning

A health care crisis is no time to start a conversation

Most of us want our own wishes to guide our health and medical care



Life Care Planning...a beginning, a free publication of DecideYourCare.org, can help you start thinking realistically about your own needs and wishes and your healthcare choices.

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Go to:
www.DecideYourCare.org
and click on Advance Directives

Life planning is all about making choices.

- Who can make decisions for me if I am not able to make them for myself?
- What sort of medical care do I want if I fall ill – and what care *don't* I want?
- What are my medical, residential, financial, and legal options?
- Who should know my needs and wishes?
- How do I ensure my wishes will be followed?

This guide can help you *start thinking* about life planning and your options. The “Where to Find Help” section tells you where to turn for further information on these subjects.

Making plans now, while you can weigh your choices carefully, can give you peace of mind and the assurance that your wishes will be respected.

Life Care Planning...a beginning will help you consider living and care options.



Go to:

www.DecideYourCare.org
and click on **Advance Directives**

Legal and Financial Planning

Sometimes the easiest place to begin life planning is with your estate and your finances. Legal documents can make decisions much easier in the event of illness.

Residential Options

Where will you live as you get older? What sort of care facility do you want? These are two of the most important questions facing aging Americans. The choices include care at home, assisted living facilities, and nursing homes.

Care at Home

You probably greatly cherish the comfort of your own home. Home-based care works best if you have close family members who can share the caregiving — a situation that sometimes lasts for years. After an illness or injury, most of us return home to recover, but we may still need services to help restore health and independence.

Many services are available in your home but not everyone can be safely managed at home. That's when adult day care, assisted living facilities or nursing homes may be necessary.

Comfort Care vs. Curative Care

All of us hope that medicine can provide a cure, or at least improve health. Yet in severe illness, after an accident, or with advanced age, it may no longer be possible to help us fully recover. At that point, continued treatment may extend life but may cause or prolong suffering.

That's when palliative care or hospice is needed. Both provide relief of distressing symptoms and support for the patient and caregivers. Both provide a team to help address physical and spiritual needs.

Hospice is a special way of caring for people who have advanced illness. Emphasizing the *quality* of life rather than the length of it, hospice offers comfort, rather than attempts at cure that may only add burdens for many patients. You don't have to go anywhere for hospice care – hospice comes to you. Hospice care is provided wherever a person lives.

Life Planning – A Deliberative Process

Life planning shouldn't be done in a hurry. It is important to understand the choices and decisions that must be made, know your rights in making such choices, and time to relay those choices to the person you choose.

Life Care Planning...a beginning leads you through a review of all the critical areas. It provides useful information on supportive organizations, health insurance assistance and other resources.

By considering these issues, and by discussing them with your health care provider, your clergy person, your family and loved ones, you can make the decisions that are best for you, and represent your own values, interests and beliefs.



Life Care Planning ...a beginning can be downloaded at:
www.DecideYourCare.org
and click on **Contact**