



Resources: Advance Planning for Health Care

Here are some in-depth resources about end-of-life issues and advance medical directive forms.

GUIDES AND HANDBOOKS

A Good Death: Challenges Choices and Care Options, by Charles Meyer (1998). Down-to-earth, lay-language explanation of the implications of end-of-life care decisions from a religious and spiritual perspective. A 64-page paperback available in many bookstores.

Caring Conversations Workbook, published by the Center for Practical Bioethics (formerly the Midwest Bioethics Center), Town Pavilion, 1100 Walnut St., Ste. 2900, Kansas City, MO 64106-2197 (Tel. 816-221-1100). This is both a workbook and advance directive. It can be downloaded for free from their Web site www.midbio.org. A comprehensive do-it-yourself workbook on planning for end-of-life care. (Parts of this tool kit were adapted from this publication.)

Handbook for Mortals: Guidance for People Facing Serious Illness, by Joanne Lynn, M.D., and Joan Harrold, M.D. (NY: Oxford University Press, 1999), available through the Web site of Americans for Better Care of the Dying www.abcd-caring.org. A most comprehensive and readable 242-page guide to dealing with serious, eventually fatal illness.

Hard Choices for Loving People: CPR, Artificial Feeding, Comfort Care and the Patient with a Life-Threatening Illness, by Hank Dunn. A&A Publishers, Inc., P.O. Box 1098, Herndon, VA 20172-1098 (Tel. 703-707-0174). Web site: www.hardchoices.com. A concise and helpful 48-page booklet on end-of-life decisions concerning resuscitation, food and fluids, hospitalization, and cure versus comfort care.

Making Health Care Decisions for Others: A Guide to Being a Health Care Proxy or Surrogate, by the Division of Bioethics, Dept. of Epidemiology and Social Medicine, Montefiore Medical Center, Albert Einstein College of Medicine, Bronx, NY. Available on their Web site: www.montefiore.org/prof/clinical/desm/progserv/bioethics/index.html. A guide every proxy or agent needs to read. (Parts of this tool kit were adapted from this publication.)

Your Life Your Choices—Planning for Future Medical Decisions: How to Prepare a Personalized Living Will, by Robert Pearlman, *et al.*, and the Veterans Administration Medical Center, Seattle, WA. A comprehensive do-it-yourself workbook on planning for end-of-life care. (Parts of this tool kit were adapted from this publication.) Available on the Web at <http://www1.va.gov/hsrd/publications/ylyc.pdf>.

ORGANIZATIONS

Americans for Better Care of the Dying (ABCD), 3720 Upton St., N.W., Rm. B147, Washington, DC 20016 (Tel. 202-895-2660), is a non-profit public charity dedicated to social, professional, and policy reform aimed to improve the care system for patients with serious illness, and their families. Web page: www.abcd-caring.org .

Center for Practical Bioethics (formerly the Midwest Bioethics Center), Town Pavilion, 1100 Walnut St., Ste. 2900, Kansas City, MO 64106-2197 (Tel. 816-221-1100). A non-profit ethics resource center dedicated to a health care delivery system anchored in respect for patients and their families and guided by ethical discourse. They publish the *Caring Conversations Workbook*, described above. Web page: www.midbio.org.

National Hospice and Palliative Care Organization (NHPCO), established in 1978, is a nonprofit organization whose mission is advocacy for the rights of terminally ill Americans. NHPCO is the largest nonprofit membership organization devoted exclusively to the promotion of hospice care in America. In addition to providing informational and educational materials to members, NHPCO provides information and referrals to the public. Web page: www.nhpc.org.

ADVANCE DIRECTIVE FORMS OF SPECIAL INTEREST

Caring Conversations Workbook, published by the Midwest Bioethics Center. This is both a workbook and advance directive. See Guides and Handbooks above.

Five Wishes Advance Directive. Published by Aging with Dignity. This nationally used and very popular advance directive focuses on ways of talking about health care wishes and needs. Can be purchased and downloaded from their Web site: <http://www.agingwithdignity.org/5wishes.html>. Also available by mail order from P.O. Box 1661, Tallahassee, FL 32302-1661 (Tel. 850-681-2010).

Shape Your Health Care Future with Health Care Advance Directives. Published jointly by the American Bar Association, the American Medical Association, and AARP. Available for free on the ABA Commission Web site at: www.abanet.org/aging.

The Medical Directive, by Linda L. Emanuel, M.D., and Ezekiel J. Emanuel, M.D. This more medically-oriented advance directive includes six illness scenarios. For each, you consider possible medical interventions and goals of medical care. It also includes a proxy designation form. Can be purchased and downloaded from their Web site: <http://medicaldirective.org>.