End-Of-Life Planning Resources

Friends Meeting at Cambridge

Workshops Apr 11 & 25 2020

Prepared by Patti Muldoon & Bill Thompson

## **Session I**

## **Health Care Proxy and HIPAA Release**

Please fill out (and have witnessed) the Health-Care Proxy form. We are providing two forms; one is the fuller document, and a smaller form which may be carried in your wallet. Scan the full document & email it to health

[Massachusetts Health Care Proxy](https://bit.ly/3bXPnal)

[Health Care Proxy – wallet size](https://fmcquaker.org/wp-content/uploads/2020/04/HCP-wallet.pdf)

[How to Choose a Health Care Proxy](https://bit.ly/2Rlx4UL) (Conversation Project)

[Guidance for choosing a health care proxy](https://prepareforyourcare.org/advance-directive-state/ma) (Prepare for your care site)

[HIPAA Authorization to Release Health Information](https://eforms.com/images/2016/10/Massachuetts-HIPAA-Medical-Release-Form.pdf) allows doctors to talk with your health agent and with chosen loved ones who aren’t making decisions for you.

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## **Difficult Conversations**

[The Conversation Project](https://theconversationproject.org/)

[Stanford Letter Project](http://med.stanford.edu/letter/letters-in-other-languages.html)

[getyourshittogether.org](https://getyourshittogether.org/)

[Cake](https://www.joincake.com/blog/having-end-of-life-conversations/) end-of-life planning & conversations

## **COVID-19**

[Don’t Wait Until You’re Sick](https://nbcnews.to/2xie5Um) – NBC News 4/8/2020

“[Do I want a Ventilator?](https://www.bostonglobe.com/2020/04/20/metro/do-i-want-ventilator-coronavirus-prompts-more-people-consider-or-revisit-end-of-life-care/)” – Boston Globe 4/20/2020

[Being Prepared in the Time of Covid-19](https://bit.ly/2Xvtv2h)

The Conversation Project

[Compassion and Choices](http://compassionandchoices.org/resource/covid-19-dying-in-the-age-of-the-pandemic)

[Prepare for Your Care](https://prepareforyourcare.org/welcome#!)

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## **Other Resources**

$10 purchase of “Before I Go” [funeral planner digital download](https://funerals.org/bookstore/).

Karen Smith, PhD presentation “[How to Get the Death You Want](https://fcaemass.org/how-to-get-the-death-you-want/)”

Quaker Values & End-of-life Decision-Making booklet from ARCH at NYYM. May also call (212)673-5750.

Reflections: [Seven Ponds](https://blog.sevenponds.com/) blog: [Dying Well](https://blog.sevenponds.com/category/dying-well)

[Funeral Consumers Alliance of Massachusetts](https://www.funeralsma.org/) (web portal for both Eastern and Western Massachusetts)

[www.funerals.org/](http://www.funerals.org/) (National) includes map and links for affiliates

[5 Wishes](https://www.agingwithdignity.org/): *Aging with Dignity* workbook

*Keeping Life in Order* booklet from [Mount Auburn Cemetery, Cambridge MA](https://www.mountauburn.org/)

## **Session II**

**Friends Testimony of Integrity**…is about telling the truth as well as facing the truth, and about having our affairs in order. Completing a health-care proxy, a will, and a power of attorney is, for many people, a courageous act of Integrity. Facing the reality of our eventual death is equally courageous and in keeping with the Testimony of Integrity.

**Imagine**

**Write your wishes down**

 **Tell people**

**Ask for and give help**

**It is both moral and ethical to end treatment.**

The leaders of most Protestant denominations, the Catholic Church, Reform and Conservative Jewish rabbis, among other world religions, permit treatments to be stopped if it is prolonging dying rather than prolonging living, or is an “undue burden to the patient.”

**Consider Your Options Now.** Decisions need to be made regarding what I value about my life, some very difficult, so just try out some answers and see how they sit with you.

**Who knows my choices?**

*In the midst of crisis, you may not be able to communicate your wishes. Designate and tell someone* ***before*** *a crisis happens.*

No one will know what choices we would make unless we tell them. If you don’t want to be put in a coma and placed on life support, please let your healthcare agent and family know.

**What I value about my life** *Choose ONE option only.*

* **I want to continue living even if my quality of life seems low to others and I am unable to communicate with people. In general, I would accept support of my breathing, heart, and kidney function by machines that require me to be in a hospital or special care unit.**
* **Life is precious, but I understand that we all die sometime. I want to live as long as I can interact with others and can enjoy some quality of life. I would accept intensive treatments only if I had a reasonable chance of getting better. I would refuse long-term support by intensive medications or machines if my quality of life was poor and I was not able to communicate with people.**
* **It is most important to me to avoid suffering. I do not want extraordinary medical treatments, such as breathing machines or cardiopulmonary resuscitation (CPR). If my natural body functions fail, I would refuse treatments and choose to die naturally.**
* **I am not sure at this time, which statement above I most agree with. I trust my trusted decision maker to do what is best for me.**

**Difficult Conversations: W-W-W-W**

**Who** do you want to talk to?

**When** would be a good time to talk?

**Where** would you feel comfortable talking?

**What** do you want to be sure to say?

*Quaker practice can help. Settle into silence.*

 *Receive what is shared, give it time and space.*

This isn’t a “one and done.” It’s a conversation.

Keep it going over time.

**Key Topics for Worsening Health Conversations**

I. As a patient, I’d like to know:

* 1. Only the basics
	2. A little more detail
	3. Somewhere in between
	4. Prognosis
	5. Give me the works: condition, treatments, prognosis

2. What matters to me at the end of life is…

**Dying Well**

* Dying Well means something different to each person.
* Sometimes it means control of pain and other symptoms.
* Sometimes it’s about finding closure in a way that is meaningful.
* Sometimes it’s related to the knowledge that death is coming and having time to prepare in your own way.
* Sometimes it means celebrating and honoring life before its end.

[*https://blog.sevenponds.com/dying-well/keys-dying-well*](https://blog.sevenponds.com/dying-well/keys-dying-well)

**Ho’oponopono - “to put right”**

I am sorry.

Please forgive me.

Thank you.

I love you.