

ADVANCED PLANNING RESOURCE LIST:

Health Care Decision Making and End-of-Life Choices

Advance Directive Template

<https://www.aarp.org/caregiving/financial-legal/free-printable-advance-directives/>

Links to the free advance directive form (health care power of attorney and living will) for each state.

Five Wishes

fivewishes.org

An advance directive form that meets the legal requirements of 42 states and DC. It addresses emotional and spiritual needs in addition to wishes for physical health treatment and can be used in conjunction with a state advance directive.

MOLST/POLST Forms

New York State uses the “MOLST” form, instead of the POLST form.

For more information about the MOLST form: <https://molst.org/>

For more information about the POLST form: <https://polst.org/>

Out-of-Hospital Medical Orders

polst.org

Links to Portable Orders for Life Sustaining Treatment forms for each state.

Conversations about Advance Care Planning and End of Life

Cake

joincake.com/

End of life planning tool

CaringInfo

<https://www.caringinfo.org/>

CaringInfo is a program of the National Hospice and Palliative Care Organization, provides free resources to help people make decisions about end-of-life care and services before a crisis occurs. Information and support are available to anyone planning ahead, caregiving, living with serious illness, or grieving a loss. Links for state-specific advance directive forms are included.

The Doula Program to Accompany and Comfort

<http://www.doulaprogram.org/>

Since 2001, this non-profit organization has been the only of its kind specializing in training, carefully matching and supervising Doula Volunteers and has been recognized in The New York Times.

ADVANCED PLANNING RESOURCE LIST:

Lantern

Resources to assist with end-of-life planning

lantern.co/

National Association of Elderlaw Attorneys

naela.org

Elderlaw attorneys specialize in legal issues facing older adults including estate planning, Medicare and Medicaid, and preparing documents such as powers of attorney and advance directives.

National Association of Professional Geriatric Care Managers

CareManager.org

Care managers assist with assessment and planning, problem solving, education and policy, and family caregiving.

What Matters Program

mmjccm.org/what-matters

<https://www.dorotusa.org/our-programs/at-dorot/advance-care-planning>

MMJCC, DOROT and many synagogues are able to engage with individuals in compassionate, value-driven conversations about advance care planning. Trained and certified facilitators walk individuals through the process and encourage them to discuss their wishes with the important people in their lives, including their physicians to ensure that their health care wishes will be known, respected, and honored.

Book Recommendations

- *A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death* - BJ Miller MD and Shoshana Berger
- *The Art of Dying Well* - Katy Butler
- *Being Mortal* - Atul Gawande
- *The Five Invitations: Discovering What Death Can Teach Us About Living Fully* - Frank Ostaseski
- *You Only Die Once: Preparing for the End of Life with Grace and Gusto* - Margie Jenkins (<http://patiopress.net/>)

Resources for Specific Communities

The African-American Spiritual and Ethical Guide to End-of-Life Care, 9th Ed. 2020.

endoflifeguide.org

Anderson, Gloria Thomas.

ADVANCED PLANNING RESOURCE LIST:

LGBTQ advance care planning

lgbtagingcenter.org/resources/pdfs/SAGE%20Care%20Planning%20Final%20Interactive.pdf

Guide to help members of the LGBTQ community plan for medical procedures. Includes a section on advance care planning.

SAGE

www.sageusa.org

212-741-2247

SAGE can help LGBT older adults with creating their advance directives and wills.

Medical Advocacy

Patient Advocate Foundation

<https://www.patientadvocate.org/>

This national 501c3 non-profit charity provides direct services to patients with chronic, life threatening and/or debilitating diseases to help access care and treatment recommended by their doctors

Community Health Advocates

communityhealthadvocates.org 888-614-5400

Part of Community Service Society of New York, this valuable resource helps with accessing health care coverage, fighting denials, and resolving medical bills.

Medical Aid in Dying

Death with Dignity

deathwithdignity.org

Provides information on which states have enacted laws permitting medical aid in dying.

Local Resources

At the Crossroads, Westchester County Directory

seniorcitizens.westchestergov.com/images/stories/pdfs/2019seniorcitizencrossroads.pdf

Call for Hard Copy: 914-813-6400

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Legal Services of the Hudson Valley

<https://lshv.org/>

Intake Phone Number: 1-877-574-8529



ADVANCED PLANNING RESOURCE LIST:

Low-Cost Legal Services

americanbar.org/groups/delivery_legal_services/resources/programs_to_help_those_with_moderate_income/

American Bar Association state by state directory of low-cost legal services.

New York Legal Assistance Group

<https://nylag.org/>

Elderlaw attorneys specialize in legal issues facing older adults including estate planning, Medicare and Medicaid, and preparing documents such as powers of attorney and advance directives. NYLAG has two different units depending on if you rent or own your apartment · If renter: can call the housing hotline--929-356-9585-- 9am - 5 pm, on Wednesdays. If you are, or were, an owner (including having owned and placed in a trust): call NYLAG Foreclosure Prevention Project: 212.946.0349 Email: contactfpp@nylag.org

Pace Women's Justice Center

law.pace.edu/wjc

Helpline: 914-287-0739

Ronald A. Fatoullah (ElderLaw, seminars)

elderlaw-newyork.com/

Senior Law Day

seniorlawday.info/

914-231-3227