

There are options for end-of-life care and *you* get to choose what's right for you.



Planning for Life... and Death

We plan for many important events in life—retirement, a wedding, vacations, and for a child's education. Likewise, there are many things to plan for at the end of life. Transfer of property and the well-being of a spouse or child are issues to be considered and planned for. Sadly, the health choices that are made at the end of life are seldom planned, and many times they are made for us. Decisions are put off and desires are not expressed because it can be difficult to contemplate or discuss death.

In Idaho, you can make your wishes known now and have them honored in the future. You can prepare documents that express your wishes and empower someone to speak for you in the event that you are unable to communicate your wishes for medical treatment and end-of-life care. These are called Advance Directives.

The Idaho Quality of Life Coalition

We are a coalition of healthcare professionals, private citizens and businesses working together to provide information and education on hospice, palliative care and advance planning. We advocate for compassionate care at the end of life. Our mission is *to work collaboratively with our partners in providing education, tools and resources to promote quality of life through Advance Planning, Hospice and Palliative Care.*

The Idaho Quality of Life Coalition is frequently recognized for its statewide leadership. We were the recipient of the 2010 "Sojourns Award" - a \$50,000 award granted by the Cambia Health Foundation. We hope you will join us by becoming a member and lending your voice to our mission and efforts.

To Learn More
www.IDQOL.org
(208) 841-1862

Advance Directives

Planning for Peace of Mind



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Advocating for Quality of Life through Advance Planning,
Education and Excellence in Hospice and Palliative Care



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Planning Together

In Idaho, there are currently three methods for expressing your wishes for care and treatment at the end of life. They are called advance directives and consist of the following.

A **Living Will** sets forth your instructions for dealing with life-sustaining medical procedures in the event you are unable to communicate your decision for yourself. It directs your family and medical staff about whether to continue, withhold, or withdraw life-sustaining systems, such as tube feeding for hydration (water) and/or nutrition (food) if you are incapable of expressing your wishes because of an incurable and terminal condition or persistent vegetative state.

Advance planning requires a good deal of thought and conversation

You should not execute an advance directive without having first thought about end-of-life issues, considered your personal values, and discussed your wishes for care at the end of life with people close to you, such as your family, physicians, attorney, and clergy or spiritual leader.

Let us not be content to wait and see what will happen, but give us the determination to make the right things happen.

Peter Marshall

A **Durable Power of Attorney for Healthcare** allows you to appoint a person to make all decisions regarding your healthcare.

The **Physician Orders for Scope of Treatment (POST)** provides a way to express your wishes about cardiopulmonary resuscitation and other life-sustaining treatment options. Your choices cannot be respected if you have not prepared your advance directives.

7 Steps to an Advance Directive

1. Discuss different options for end-of-life care with your family, friends and healthcare provider.
2. Decide which options best reflect how you think and feel about life and death and what is important to you.
3. Select a person to speak for you in the event that you are unable to speak for yourself.

4. Complete your advance directives: living will, power of attorney and POST.

5. File the original copies of your advance directives in a safe place and provide copies to key people in your life.

6. Register your advance directives in the **Idaho Health Care Directive Registry**. There is no fee to place your advance directives in the registry, which is securely located in the Idaho Office of the Secretary of State. With your advance directives in the registry, you have an easy way to share your wishes with healthcare providers no matter where you are or what time of day it is.

7. Review your advance directives every year. You can always update your wishes if your views change.

Get started on your advance directives today by visiting the Coalition website: **www.IDQOL.org**.