



## 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

**Caring Conversations Workbook**, published by the Midwest Bioethics Center, 1021-1025 Jefferson Street, Kansas City, MO 64105-1329 (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](http://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.)

**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.

**Handbook for Mortals: Guidance for People Facing Serious Illness**, by Joanne Lynn, MD, and Joan Harrold, MD (NY: Oxford University Press, 1999), available through the web site of Americans for Better Care of the Dying [www.abcd-caring.org](http://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 Measures Only and the Elderly Patient**, by Hank Dunn . A&A Publishers, Inc. P.O. Box 1098, Herndon, VA 20172-1098 (Tel. 703-707-0169). Web site: [www.hardchoices.com](http://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](http://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.) Order through the National Technical Information Service web site: [www.ntis.gov](http://www.ntis.gov).

## ORGANIZATIONS

**Last Acts** – a national communications campaign to improve care and caring at the end of life. The campaign supports initiatives to improve professional skills and institutional environments for care, and to increase public involvement. Last Acts can be reached through Partnerships for Caring (see below) or through their web page: [www.lastacts.org](http://www.lastacts.org) .

**Partnership for Caring, Inc.**, 1035 30th Street, NW, Washington, D.C.20007-3823. (Tel.1-800-989-9455). Provides a wealth of educational material on end-of-life care, advance directives, and health care decisionmaking, including state-specific forms and instructions for completing them. Many of their materials can be downloaded from their web site [www.partnershipforcaring.org](http://www.partnershipforcaring.org) .

**Midwest Bioethics Center**, 1021-1025 Jefferson St., Kansas City, MO 64105. (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](http://www.midbio.org).

**Americans for Better Care of the Dying**, 2175 K Street, NW, Suite 820, Washington, DC 20037-1803 (Tel. 202-530-9864). ABCD 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](http://www.abcd-caring.org) .

## ADVANCE DIRECTIVE FORMS OF SPECIAL INTEREST

**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: [www.agingwithdignity.org](http://www.agingwithdignity.org). Also available by mail order from P.O. Box 11180, Tallahassee, FL 32302-3180.

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

**Shape Your Health Care Future with Health Care Advance Directives**. Published jointly by the American Bar Association, the American Medical Association, and the American Association of Retired Persons. Available for free on the ABA web site at: [www.abanet.org/elderly](http://www.abanet.org/elderly) .

**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>.

American Bar Association, Commission on Legal Problems of the Elderly  
Washington, DC