

Addendum for UWRA 1-18-23

ADVANCE DIRECTIVES, DPOAHC

Aging with Dignity/www.agingwithdignity.org/5Wishes Advance Directive – downloadable paper version \$5, digital version \$15/strong religious leaning

Center for Practical Bioethics/www.practicalbioethics.org/downloadable DPOAHC form and brief Health Care Treatment Directive/also discusses values and conversations

Caring Info, a Program of the National Hospice and Palliative Care Organization (NHPCO) www.caringinfo.org/ downloadable Washington State Advance Directive

Excelsior Springs Hospital/www.eshospital.org/DPOAHC for allowing two dates for form to take Effect (date of signing and date of losing capacity)

End of Life Washington/www.eolwa.org/fillable and downloadable Health Care Directive combined with DPOAHC form/detailed instructions

Honoring Choices Pacific Northwest – a joint initiative of Washington State and the Wa. State Medical Assn./www.honoringchoicespnw.org/DPOAHC form at a small cost

WashingtonLawHelp.org/downloadable Health Care Directive with broad section on healthcare values, conversations, terminal illness or persistent unconsciousness/ downloadable DPOAHC form

Pearlman, R., et al. 2010. Your Life, Your Choices: Planning for Future Medical Decisions (How to Prepare a Personalized Living Will). Diane Publishing Co. 52 pp. Available via Google Books/(dated but still useful)

American Bar Assn./[americanbar.org/Tool Kit for Health Care Advance Planning/](http://americanbar.org/Tool%20Kit%20for%20Health%20Care%20Advance%20Planning/) Includes Making Medical Decisions for Someone Else: A How-To-Guide; How to Select Your Health Care Agent or Proxy/many other good resources

Aging Life Care Association/[www.aginglifecare.org/Professional geriatric care managers who may act as a DPOAHC for a fee](http://www.aginglifecare.org/Professional%20geriatric%20care%20managers%20who%20may%20act%20as%20a%20DPOAHC%20for%20a%20fee)

Area Senior Centers (google senior centers) or End of Life Washington www.eolwa.org may have volunteers who will serve as DPOAHC

DEMENTIA DIRECTIVES

Dementia Provision (Advance Directive Addendum)/www.compassionandchoices.org

My Instructions for Oral Feeding and Drinking (with instructions)/downloadable from www.endoflifewa.org/can be attached to any Advance Directive as an addendum

Advance Directive for Receiving Oral Foods and Fluids in the Event of Dementia/
Downloadable at www.endoflifechoicesny.org

Advance Directive for Dementia/What if I had Dementia? Planning for the Future/
downloadable from www.dementia-directive.org

Alzheimer's Disease/Dementia Mental Health Advance Directive/with instructions/
www.endoflifewa.org

Also helpful re dementia:

Dementia Action Collaborative (WA state)

www.dshs.wa.gov/altsa/dementia_action_collaborative

Dementia Road Map/www.dshs.wa.gov

Dementia Values and Priority Tool/Dementia Decoder/www.compassionandchoices.org

FAST (functional assessment staging tool for dementia)/multiple – google functional
assessment tool for dementia

Gaster, Barak, et al., Advance Directives for Dementia: Meeting a Unique Challenge JAMA,
2017;318(22):2175-2176

MENTAL HEALTH DIRECTIVE

Mental Health Advance Directive from www.WashingtonLawHelp.org

CONVERSATIONS

California Coalition for Compassionate Care of California/www.coalitionccc.org/click on
Resources, look for “Conversation Tools”

Caring Conversations, Center for Practical Bioethics/www.practicalbioethics.org/scroll down to
Advance Care Planning

The Conversation Project/www.theconversationproject.org/good conversation guide

National Hospice and Palliative Care Assn./www.caringinfo.org

The Death Deck – a light-hearted game about death/available at Amazon.com and

www.toytooth.com- search for Death Deck

Go Wish Cards – card game to facilitate conversations/www.codaalliance.org/gowish

MISCELLANEOUS

Area Agencies on Aging/www.carewashington.org/list of resources by county in Washington
King County Senior Rights Assistance/www.soundgenerations.org/many services including free
legal advice

NEST (Northeast Seattle Together)[www.supporting seniors aging in
their homes/www.nestseattle.org](http://www.supporting seniors aging in their homes/www.nestseattle.org)/based on the national “virtual village model” with
more that 300 villages in the U.S.

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