

AGING WELL: ADVANCE PLANNING DOCUMENTS FOR END-OF-LIFE CARE | January 18, 2023

OUR SPEAKER

Arline Roller Hinckley, UWRA member, social worker and long-time volunteer with end of life organizations, including End of Life Washington. **CONTACT** Arline through UWRA: email retiremt@uw.edu or call 206.543.8600

LEARN MORE

Advance Care Planning: Health Care Directives <http://nia.nih.gov/health/advance-care-planning-health-care-directives>

Advance Directive for Dementia, developed by UW Medicine's Dr. Barak Gaster <http://dementia-directive.org>

Death Over Dinner conversation groups <http://deathoverdinner.org>

Five Wishes, <http://fivewishes.org>. Also see the Five Wishes resource page: <http://fivewishes.org/resources/>

Get Your Sh*t Together (<http://GYST.com>), created by Chanel Reynolds after she faced the overwhelming tasks following her husband's sudden death. The site includes tips and checklists and is especially useful for early planners

Washington Advance Directive for Health Care: <https://www.dshs.wa.gov/sites/default/files/DDA/dda/documents/policy/policy9.01attachA.pdf>

LOCAL RESOURCES

End of Life Washington, <https://endoflifewa.org>

Honoring Choices Pacific Northwest, <https://honoringchoicespnw.org>