Just Say Yes: Taking Control of Your Long-Term Healthcare Decisions

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Plan For Today

- Define Long Term Health Decisions
  - Healthcare Directives
  - Housing

- How to start/have the Conversation

- Resources for help
Me: Why won’t Dad do his advance directives?

Mom: He’s just like that – He says you & Steph are smart and will figure it out.

Me: Steph, do you know what Dad would want healthwise or end of life?

Steph: I have no idea. He will be fine because he has a strong faith and knows he will go to heaven.

Me: Dad, you gotta tell us about your wishes for treatment and end of life care – no one knows what you want.

Dad: Let’s talk about in the Spring when I come to Tucson…
A question

- Your spouse
- Your adult child or if you have more than one, majority consent of children available for consult
- Your parent
- Your domestic partner (if no other person assumed financial responsibility for you)
- Your brother or sister
- Your close friend
Do your loved ones know your wishes?

- 90% of people say talking to loved ones about important health care EOL decisions is important
  - 27% have actually done so

- 60% say making sure that their families are not burdened by tough health decisions is “extremely” important
  - 56% have not communicated that information to their loved ones

- 82% of people say that putting their wishes in writing is important
  - 23% have actually done it

Source: Conversation Project National Survey 2013
Why is this So Important?

- It’s Your Life, It’s Your Plan and Your Choice
- It’s the **Right Thing To Do** for your family, friends and loved ones
- It keeps you in control!
Housing

- Age in Place at Home?
  - Need modifications
  - Transportation – how will you get around if you can’t drive? Do you live in an area that has easy access?
  - Home health services coming in

- Live with others? Family? Friends?
Housing in a Community (Facility)

- Independent Living
- Assisted Living
  - Supervisory, Personal, and Directed
<table>
<thead>
<tr>
<th>Service</th>
<th>2016</th>
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<tr>
<td><strong>Monthly Cost</strong></td>
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<tr>
<td><strong>Home Health Care</strong></td>
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<td>Homemaker Services</td>
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<td>Homemaker Health Aide</td>
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<tr>
<td>(Based on annual rate divided by 12 months.)</td>
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<td><strong>Adult Day Health Care</strong></td>
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<tr>
<td>Adult Day Health Care</td>
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<td>(Based on annual rate divided by 12 months.)</td>
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<td><strong>Assisted Living Facility</strong></td>
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<tr>
<td>Private, One Bedroom</td>
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<td>(As reported, private, one bedroom.)</td>
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<td><strong>Nursing Home Care</strong></td>
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<td>Semi-Private Room</td>
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<td>Private Room</td>
<td>$8,310</td>
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<td>(Based on annual rate divided by 12 months.)</td>
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Formal Healthcare Decisions

- **Durable Health Care Power of Attorney**
  - Designates your “agent” to make healthcare decisions for you if you can no longer make those decisions yourself.

- **Living Will**
  - Expresses your wishes about medical treatment for terminal conditions, persistent vegetative state or an irreversible coma.

- **Prehospital Medical Directive (Do Not Resuscitate)**
  - In the event of cardiac or respiratory arrest Informs EMT or hospital emergency workers not to resuscitate you.

  - **MUST BE ON LETTER SIZE PAPER OR WALLET SIZE PAPER ON AN ORANGE BACKGROUND**
Health care decisions

- **Durable Mental Health Care Power of Attorney**
  - In AZ, you need this document if inpatient behavioral health treatment is required and you are unable or unwilling to accept treatment
  - Evaluation to determine decision making capacity by a specialist in neurology or licensed psychiatrist or psychologist
- **Letter to My Representative(s)**
  - Outlines role and responsibilities
Who Needs to have your Healthcare Directives?

- Keep a copy in a safe but easily accessible place
- Your Representative(s)
- Your Physician
- Other Family Members?
- Take a copy with you when travelling
- Register your forms with the AZ Secretary of State
The Arizona Advance Directive Registry is a free registry to electronically store and access your medical directives.

- [https://www.azsos.gov/services/advance-directives](https://www.azsos.gov/services/advance-directives)
What happens if I don’t?

- Your spouse

- Your adult child or if you have more than one, majority consent of children available for consult

- Your parent

- Your domestic partner (if no other person assumed financial responsibility for you)

- Your brother or sister

- Your close friend
Resources

- Arizona Attorney General Mark Bronvich
  
  https://www.azag.gov/seniors/life-care-planning

  Community Outreach and Education
  (602) 542-2123
  (800) 352-8431 (outside Phoenix and Tucson)
  CommunityServices@azag.gov

- Elder Law Estate Planning Attorneys
  - Community Presentations
  - Newsletters/Blogs
  - Access to other Resources

- Hospice, Education and Legal Partnership Inc.
  - www.hospicelegalalline.com
Resources

Interfaith Community Services - Online Library

https://www/icstucson.org/end-life-care-resources

Guide to Long Term Care

http://longtermcare.gov/the-basics/

Cost of Care Calculator


Pima Council on Aging

www.pcoa.org