

Important Forms: Advanced Directive (Living Will), POLST and Five Wishes

ADVANCE DIRECTIVE Wishes	POLST	Five
You fill it out	Doctor or Nurse Practitioner fills it out with you and MUST SIGN IT . You get a copy, Oregon registry	You fill it out
For basically healthy people	For people who are seriously ill or very frail	For anyone at any time
Your general wishes for treatment. EMT's ignore this.	Medical Orders EMT's may ignore but medical people will not (eventually).	Your general wishes. EMT's ignore.
	Top part: CPR if you die. YES or NO (=DNR) Middle Part: If you get sicker do you want to go to the hospital? What treatment do you want? Comfort care: fluids, bathing, oxygen, medications for comfort, no hospital Limited care: fluids, I/Vs, Antibiotics, no ICU Full Treatment: ICU, respirator, etc.	Your wishes for: (1) proxy (2) medical care (3) comfort measures (massages, etc) (4) How I want to be treated (music, hair, nails, bathing, etc.) (5) What I want my loved ones to know Write: NOT MANDATORY!
Identifies surrogate or healthcare proxy	----- does not -identify proxy -----	Identifies proxy or healthcare power of attorney
Can be revised any time	Can be revised with your MEDICAL PROVIDER	Can be revised any time.
Let surrogate/family know Keep with your will Send copies to your proxy + family	Keep a copy on refrigerator or place easy to remember and find (refrigerator magnet). A copy is in your medical records and at the Oregon registry.	In Oregon attach to Advanced Directive form Signed by 2 witnesses.
Download pdf Search "advanced-directive form oregon"	Ask your medical provider.	Order from fivewishes.org \$ 5.00 or less

Watch <https://www.youtube.com/watch?v=QuRMTUZ76C0> 3 minutes (differences between advanced directive and POLST)

ADVANCED DIRECTIVE -- for anyone. Watch:

- <https://www.youtube.com/watch?v=IEPFIM6IHMY> (walks you through the form - 39 minutes)
- <https://www.youtube.com/watch?v=mdPtHu0-KPU> When an advanced directive is not enough – 4 minutes)

POLST: medical orders, for those who are sick or very weak and will not get better. Watch :

- <https://www.youtube.com/watch?v=LoGM-ayzKc0> 3 minutes

- <https://www.youtube.com/watch?v=vJLQnF6WqEg> 4 minutes

FIVE WISHES: --- for anyone. Watch:

- * <https://www.youtube.com/watch?v=u5cgJvgnQqY>

1) **PALLIATIVE CARE and HOSPICE CARE**

Palliative care: Begins early, at any time, for people with chronic life-threatening illnesses, involves managing symptoms (pain, anxiety, cough, etc) and improving quality of life.

Hospice Care: Time frame of life expectancy \leq 6 months, terminal illness, management of symptoms with emphasis on pain control for a “dignified pain-free death.” Very helpful for families caring for a dying person at home. Ask for a referral or contact them early!

To watch: (1) Difference between palliative care and hospice: 1.5 minutes

<https://www.youtube.com/watch?v=zmo-EBbzOyw>

(2) Hospice -- a husband and sister-in-law's story: 10 minutes - touching

https://www.youtube.com/watch?v=0D4tCyLC_xg

(3) This doctor wants to humanize death. If losing a child to an illness is one of the worst things that can happen to a family, Dr. Nadia Tremonti has made it her mission to make it better.

<https://www.youtube.com/watch?v=DHBgTFHjPXI> 22 minutes NYTimes