LEARNING OBJECTIVES

- Understand the importance of Advance Directives for all adults – especially those with early stage dementia
- Learn how different trajectories and coexisting medical conditions require different decisions
- Become familiar with the documents used to create Advance Directives
- Empower you to have “The Conversation” with your loved ones

THE WORLD’S DEATH RATE IS HOLDING STEADY AT 100%

“The Onion”

DEATH PHOBIC SOCIETY

“We are uncomfortable with the inevitability of our own mortality”.

OBITS SHOW AVOIDANCE

In the Obituaries on October 8, 2017

- 34 “passed” or “passed away”
- 12 were “preceded by,” “survived by” or born somewhere else
- 8 had visitation, viewing or services listed
- 8 had only the name listed
- 1 was “welcomed into Heaven’s glory”
- 1 “fell asleep with the Lord”
- 1 ended her own life

That's 65 - so
OBITS SHOW AVOIDANCE

➤ 3 “died”

IT IS CERTAIN THAT IF YOUR END-OF-LIFE HEALTHCARE WISHES ARE NOT DOCUMENTED, YOU HAVE NO LEGAL RIGHT TO YOUR WISHES AND:

➤ YOU MAY NOT GET THE CARE THAT YOU WANT!
➤ YOU MAY GET CARE THAT YOU DON’T WANT!

FACTS

More than 80% of people say that it is important to put their end-of-life healthcare wishes in writing.
Fewer than 50% have done so!

More than 90% of people say it is important to talk to their loved ones about their end-of-life healthcare wishes.
Fewer than 30% have done so!

Only 7% of people report having had an end-of-life healthcare conversation with their healthcare provider.

ALZHEIMER’S/DEMENTIA STATISTICS

➤ ONE IN 10 SENIORS OVER THE AGE OF 65 IN THE U.S. HAS ALZHEIMER’S/DEMENTIA

➤ ONE IN 3 SENIORS OVER THE AGE OF 85 DIE WITH ALZHEIMER’S/DEMENTIA

➤ ALZHEIMER’S DISEASE IS A TERMINAL ILLNESS AND IS THE 6TH LEADING CAUSE OF DEATH IN THE U.S.

➤ THE AVERAGE LIFE EXPECTANCY AFTER THE DIAGNOSIS OF ALZHEIMER’S DISEASE IS 4–8 YEARS

QUALITY vs QUANTITY OF LIFE

4 TRAJECTORIES TOWARD DEATH

➤ SUDDEN DEATH
➤ TERMINAL ILLNESS – CANCER, ETC.
➤ ORGAN FAILURE – HEART, LUNGS, KIDNEYS, ETC.
➤ FRAILITY WITH MULTIPLE CHRONIC ILLNESSES; OFTEN WITH DEMENTIA

TRAJECTORY 1 – SUDDEN DEATH
REALITY

IF YOU ARE IN YOUR 70S, IN GOOD HEALTH, YOUR RISK OF DEATH OR SERIOUS DISABILITY IN THE NEXT 5 YEARS IS:

- 10% FOR FEMALES
- 15% FOR MALES
- 20% - 30% TO ONE OF YOU IF YOU ARE A COUPLE

“It’s always too early until it’s too late”
The right time is **NOW**
And -
This is especially true for a person with early stage dementia

What Do We Need To Do?

Start the conversation!
Sometimes that’s really hard – so how about some humor to get it going.

- Humor about Dying and Death
- Humor about Dying and Death
- Humor about Dying and Death
- Humor about Dying and Death
Selecting Agents
Legally they must be:
- Over 18 years of age
- Mentally (and physically) capable

Selecting Agents:
- Do they know you well?
- Would they be able to make difficult decisions on your behalf?
- Would they honor your views and values even if they don't share them?

Selecting Agents:
- Do they live nearby?
- Are they willing to talk about dying and death?

Selecting Agents:
It's important to know that Agents bear no Legal or Financial Liability

Agents’ Powers and Authority
- Consent to, or refuse, any medical treatment
- Implement Medical Directives
- Access Medical Records as needed to make decisions

Agents’ Powers and Authority
- Admit or discharge from medical or care facilities
- Change healthcare providers as necessary to follow your wishes
- Contract for healthcare services
- Make anatomical gifts after death
Tomorrow’s Choices
Control Through Choice

Your Agents

Take a minute to think about or jot down the names of some possible agents

The Living Will or Declaration as to Medical or Surgical Treatment

Defines your personal
➢ Values
➢ Choices for care
➢ Situations in which you’d refuse care

Doctors’ Choices About How They Want to be Treated

The use of CPR (Cardio-Pulmonary Resuscitation)

Common Misconceptions – On TV about ___% of people survive and go home after CPR?

CPR Facts

In reality – even in a hospital
➢ Less than 3% return to a meaningful life with all their faculties intact
➢ About 2% went home with dramatically reduced capabilities

CPR Facts

➢ 8% lived to the one month mark, but died soon after, usually of pneumonia due to broken ribs
➢ 3% were alive after one month, but brain dead and kept alive on respirators
Another Perspective

COE 100 elderly patients, one year after an in-hospital
resuscitation: 49 do not survive the attempt...
34 die before hospital discharge...
7 die after hospital discharge...
10 are still alive. Almost all with significant neurological
deficits.

Coexisting Medical Conditions

- 47% Hypertension
- 33% Coronary Artery Disease
- 32% Pneumonia
- 28% Congestive Heart Failure
- 26% Osteoarthritis
- 25% Stroke

Coexisting Medical Conditions

- 22% Diabetes
- 20% Skin Ulcers
- 20% Cancer
- 14% Hip Fractures
- 14% Septicemia
- 12% Chronic Renal Problems

Interventions for Coexisting Medical Conditions

- Pneumonia vaccine
- Antibiotics – for pneumonia, skin ulcers, renal infections, and septicemia

Interventions for Coexisting Medical Conditions

- Heart regulating drugs or a pacemaker
- Kidney dialysis
- Invasive diagnostic tests

Interventions for Coexisting Medical Conditions

- Hospitalization for infection, a fall, management of other conditions, etc.
- Movement to a care center
Interventions for Inability to Swallow

- Nutrition and hydration

If you are conscious, but not able to feed yourself or unwilling to eat, do you want to be fed or to refuse food? How do you feel about a feeding tube or IV nutrition/hydration?

These are Difficult Choices

Find 3-4 people you don’t know and pull your chairs together and spend about 10 minutes sharing your thoughts about what you do and do not want.

tomorrowschoices.org is our website. There you will find all the paperwork you need to complete your Advance Directives.

Here’s a summary -

Documents Available on the Tomorrow’s Choices Website

- Tips on starting the conversation
- Personal declaration of values
- Agent selection worksheet
- Colorado Advance Directives
- CPR Directive (Do not resuscitate)

Documents Available on the Tomorrow’s Choices Website

- The Dementia Provision
- Rider to a residential care contract
- Directive regarding health care institutions refusing to honor your wishes

Documents Available on the Tomorrow’s Choices Website

- Suggestions for completing, signing and distributing your Advance Directives
- A letter to my Agent
- A letter to my health care provider
The MOST Form
Medical Orders for Scope of Treatment

Your medical provider has this bright green form and it must be signed by both you and that physician, APN, or PA.
It travels with you if you go to a hospital or care center and stays on your refrigerator at home or in your chart at a care center.

CURRENT CULTURAL SHIFT
MORE PEOPLE ARE BEGINNING TO HAVE “THE CONVERSATION”

Books are being written: Being Mortal, When Breath Becomes Air, Extreme Measures
Groups are providing information and workshops: Tomorrow’s Choices, The Conversation Project
Newspaper Articles and National TV are focusing attention on end-of-life issues

HOW TO TALK TO YOUR DOCTOR

- A new Medicare billing code makes it easier to have discussions about your Advance Directives with your healthcare provider.
- 99% of physicians say it is important to have these conversations
- 29% of physicians say their practice or healthcare system is “Conversation Ready”

Don’t be afraid to ask your healthcare providers if they are “Conversation Ready”

THE CONVERSATION PROJECT
theconversationproject.org

- THE CONVERSATION STARTER KIT
- YOUR CONVERSATION STARTER KIT For Families and Loved ones of People with Alzheimer’s Disease and Other Forms of Dementia.
- HOW TO TALK TO YOUR DOCTOR – or any member of your healthcare team.

Summary
We have talked about:
- Advance Directives — Medical Durable Power of Attorney and Living Will
- Why they are important, especially for family members and patients in the early stages of dementia
- “The Conversation” — How to talk to your loved ones and Healthcare Providers

Have YOU had “THE CONVERSATION”?
COMPLETING YOUR ADVANCE DIRECTIVES AND HAVING “THE CONVERSATION” IS ONE OF THE GREATEST GIFTS YOU CAN GIVE YOUR FAMILY AND LOVED ONES!

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