

Ideas for Addendums for AHCD GUIDANCE

You may want to use these ideas to jump-start your thinking about what is important for you to convey to your Health Care Agent. Think about your values. What is important to you now may also be what is important to you at the end of your life.

This Addendum is a supplement to my Advance Directives and my MDPOA. I have written this to ensure that all those who care for me will know my additional wishes.

I know I am not covering all the circumstances that may arise. My hope is that these instructions will guide and support my Agent with any decisions they may need to make.

For my comfort and general care:

`I do not wish to be in pain. I would like to be given enough medication to keep me comfortable so that I can sleep or rest, but not so much medication that I am constantly groggy. I want periods of lucidity so that I am able to be present with my loved ones, and to have time for self-reflection

`I want to have personal care that includes being kept clean.

My last days/weeks:

`I want to be enrolled in hospice at the earliest part of my dying. I want to die at home if possible. My first choice for hospice care is _____.

or

`I want to die in the hospital. I want my loved ones to feel free to come and go, take breaks. Please let the staff help me with medical needs and I would like you to sit by my side as often as possible.

Clarity/Confusion

`My clarity could be triggered by:

`My confusion could be triggered by:

PLEASE TELL ME THE TRUTH ABOUT MY DYING

I will probably know by the change in your communication. You might be tearful or start lowering your voice. I need to prepare, so please do not think you are protecting me. I need to find my own inner strength. I don't see death as a failure. Yes, it might be very embarrassing but_oh well. That is the truth, it might be messy.