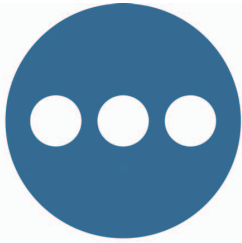


let's have
DINNER
and talk about
DEATH

+



everplans™

MINI WORKBOOK



Congratulations! You survived a death dinner!

Now that you're thinking and talking about these issues, it's time to start getting an actual plan in place. **Death Over Dinner** has collaborated with **Everplans.com** to provide you with this mini workbook to help you get going on two of the topics that may have been discussed at your dinner:

1 ADVANCE HEALTH CARE DIRECTIVE

Sometimes called an **advance directive**, this is composed of three main documents that articulate your wishes for the kind of health care you do and do not want at the end of your life:

- Living will
- Health care power of attorney or proxy
- Do Not Resuscitate order (DNR)

2 ORGAN DONATION

Many people view organ donation as a final altruistic act of helping others, and most religions support the act of organ donation. We'll help you maximize your chances of having this work out the way you want it to.

In order to help you make the best decisions for you, we've outlined the key ideas of each topic, the reasons you should consider making a decision on this topic, and the things you need to do in order to put your wishes into place.

Each topic comes with a worksheet where you can record the decisions you've made. You can bring the completed worksheets with you when you fill out the legal documents, which can make the process of creating legal documents much easier. And you can store your completed workbook in a safe, secure place for your family to use when the time comes.

To start making decisions about your end-of-life, turn the page.

1 ADVANCE HEALTH CARE DIRECTIVE

Sometimes called an **advance directive**, this is composed of three main documents that articulate your wishes for the kind of health care you do and do not want at the end of your life:

- Living will
- Health care power of attorney or proxy
- Do Not Resuscitate order (DNR)

You can name a **health care power of attorney** and complete your **living will** on your own. In order to get a **DNR**, you'll need to work with a doctor.

CREATE A LIVING WILL

A **living will** details the types of medical treatments you would like or not like at the end of life, specifically in terms of life-support treatments. Life-support treatments are any medical procedure, device, or medication to keep you alive when your body may not be able to keep itself alive on its own.

Having a living will in place can significantly increase the chances that you get exactly the kind of care you want – even when you can't advocate for yourself. It also helps to relieve your family from the stress and guilt of having to make dramatic decisions like this on your behalf. Your doctors will use your living will as they manage your care, and the person you have named as your health care power of attorney/proxy will use your living will as a guide for how to best advocate for you to receive the care you want.

In order to create a living will, you're going to need to fill out your state's particular forms. This worksheet can prepare you for the decisions you're going to have to make on those forms. To find your state's forms visit <http://www.everplans.com/tools-and-resources/state-by-state-advance-directive-forms>.

To learn more about creating a living will, visit <http://www.everplans.com/articles/living-will>.

Decide on the type of life-support treatments you want and do not want

If I am suffering from a terminal illness at the end of my life, I would like to receive:

- All life support treatments that might prolong my life
- No life support treatments, even if they might prolong my life
- Some life support treatments, including:
 - Medical devices to aid breathing (ventilator)
 - Medical devices to aid nutrition and hydration (tube feeding)
 - Blood transfusions
 - Dialysis

- Antibiotics
- Surgery

If I am in a persistent vegetative state (coma) at the end of my life and I am not expected to recover, I would like to receive:

- All life support treatments that might prolong my life
- No life support treatments, even if they might prolong my life
- Some life support treatments, including:
 - Medical devices to aid breathing (ventilator)
 - Medical devices to aid nutrition and hydration (tube feeding)
 - Blood transfusions
 - Dialysis
 - Antibiotics
 - Surgery

If I have permanent brain damage at the end of my life and I am not expected to recover, I would like to receive:

- All life support treatments that might prolong my life
- No life support treatments, even if they might prolong my life
- Some life support treatments, including:
 - Medical devices to aid breathing (ventilator)
 - Medical devices to aid nutrition and hydration (tube feeding)
 - Blood transfusions
 - Dialysis
 - Antibiotics
 - Surgery

Complete your state's living will paperwork

- Go to <http://www.everplans.com/tools-and-resources/state-by-state-advance-directive-forms>
- Download your state's living will form
- Complete the form you've printed out
- Sign the form in front of two witnesses, or get the form notarized if necessary

NAME A HEALTH CARE POWER OF ATTORNEY/PROXY

A **health care power of attorney** or **proxy** is someone who can make health care decisions on your behalf if you're not able to make your own decisions.

By naming a health care power of attorney, you can potentially avoid disagreements between family members about your care, as there will be one person who knows your wishes and can legally speak for you. In addition, naming a health care power of attorney can help you feel confident that even if you aren't able to speak for yourself, someone you know and trust will speak for you, and help you get the medical care and treatments that you want.

In order to name a health care power of attorney/proxy, you're going to need to fill out your state's particular forms. This worksheet can prepare you for the decisions you're going to have to make on those forms. To find your state's forms visit <http://www.everplans.com/tools-and-resources/state-by-state-advance-directive-forms>.

To learn more about naming a health care power of attorney/proxy, visit <http://www.everplans.com/articles/health-care-power-of-attorney>.

Name someone to be your health care power of attorney/proxy

If I should become unable to make my own health care decisions, the person I would like to make my health care decisions for me, according to my wishes, is _____

If this person is unable to serve as my health care power of attorney, I would like my back-up ("successor") health care power of attorney to be _____

Complete your state's health care power of attorney/proxy paperwork

Go to <http://www.everplans.com/tools-and-resources/state-by-state-advance-directive-forms>

Download your state's health care power of attorney/proxy form

Complete the form you've printed out

Sign the form in front of two witnesses, or get the form notarized if necessary

DECIDE IF YOU WANT A DO NOT RESUSCITATE (DNR) ORDER

A **Do Not Resuscitate (DNR)** order is a legal order written in a hospital or in conjunction with a doctor that states that you do not want cardiopulmonary resuscitation (CPR), advanced cardiac life support (ACLS), or intubation if your heart or breathing should stop.

If you have a DNR, doctors, emergency medical service responders, and other health professionals are legally obligated to respect your wishes and may not attempt CPR, ACLS, or other life-saving techniques. Even with a DNR, you may still receive medical treatments, medicines, surgeries, and procedures.

To learn more about DNR orders, visit <http://www.everplans.com/articles/creating-a-do-not-resuscitate-dnr-order>

Decide if you want a DNR order

- In case my heart or breathing should stop, I want every effort made to revive me
- In case my heart or breathing should stop, I want no effort made to revive me

Contact your doctor to complete the necessary paperwork

- I have met with my doctor and filled out my DNR forms
- I have made copies of my DNR forms and distributed them to:
 - My primary care physician
 - My health care power of attorney/proxy
 - Any caregivers, nurses, or other doctors who are managing my care

2 ORGAN DONATION

Organ donation is the process of donating certain organs to another person upon your death. Many people view organ donation as a final altruistic act of helping others, and most religions support the act of organ donation.

Every state has its own donor registry. Once you register as a donor in your state, you are officially an organ donor. The state registry will send you a letter confirming that you are a registered donor, and you should store that paperwork along with the other documents that make up your advance directive.

This worksheet can prepare you for the decisions you're going to have to make on your state's website or forms. To find your state's organ donor site, visit <http://www.everplans.com/tools-and-resources/state-by-state-organ-donation-registries>.

To learn more about becoming an organ donor visit <http://www.everplans.com/articles/pre-planning-organ-donation>.

Decide if you'd like to become a registered organ donor

I would not like to donate my organs

I would like to donate my organs

I would like to donate the following:

All organs and tissues

Kidneys

Heart

Liver

Pancreas

Lungs

Skin

Corneas/eyes

Bone and bone marrow

Tendons, ligaments, and connective tissue

Complete your state's organ donor paperwork

Go to <http://www.everplans.com/tools-and-resources/state-by-state-organ-donation-registries>

Click on the link to your state's organ donor registry

Complete the form online

 **WHAT SHOULD YOU DO NOW?**

Once you've completed the steps in this mini workbook, go to www.everplans.com to continue getting the rest of your plan in place.

Everplans has all the forms you need to name a health care power of attorney and create your living will, and it also has resources for planning in other important areas, too.

Everplans can walk you through all the elements of your plan, such as a will, financial and legal power of attorney, and storing and sharing all your more important account information and passwords.

Visit www.everplans.com to figure out what pieces of your plan you still need to get in place, learn about those topics and make the best decisions for you and your family, and download the forms and checklists to help you get your plan in place.

ABOUT EVERPLANS

Everplans is a leading online resource dedicated to empowering people to plan for and deal with end-of-life and death. Everplans was founded in 2011 by Adam Seifer and Abby Schneiderman, entrepreneurs with a passion for helping people and a proven track record of creating successful online communities.