

Why Should I Think About My Medical Wishes?

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Wish 1: Who you want to make health care decisions when you can't

- Allows you to name a person to act on your behalf
- Legally your Durable Power of Attorney (POA) for healthcare
- Often know as a Health Care Agent or Health Care Proxy

Wish 2: The kind of medical treatment you want or don't want

- Commonly known as a "living will"
- Expresses instructions for your caregiver, such as the need to take medicine for pain, even if it leaves you sleepy
- Includes examples of life support
- Gives space to write instructions based on personal beliefs
- It is not a "do not resuscitate" medical order; your POA will help make sure your wishes are known

Wish 3: How comfortable you want to be

- Stresses how you want your pain managed
- Expresses your choices for types of comfort care
- You cross out or keep items based on your preferences

Wish 4: How you want people to treat you

- Stresses how you want your pain managed
- Expresses your choices for types of comfort care
- You cross out or keep items based on your preferences

Wish 5: How you want people to treat you

- Encourages you to express matters of deep importance
- Allows you to offer love and forgiveness to those who have hurt you
- Asks forgiveness for times you have hurt others
- Communicate preferences for memorial, burial, other

After completing Five Wishes

- Make copies for your family, friends, Health Care Agent, doctor
- Discuss your wishes
- Keep it available (in top drawer – not safe deposit box)
- Carry your wallet card



Paul Malley is President of Aging with Dignity, a national non-profit organization based in Tallahassee, Florida, with a mission to help individuals and their families receive the care they want in case of a serious illness. [Aging with Dignity](#) is the creator and distributor of America's most popular advance directive, *Five Wishes*, an easy-to-use legal document – used by more 30 million people – that addresses important medical issues as well as personal, emotional and spiritual matters at the end of life. More than 14 million Americans have turned to *Five Wishes* as their preferred tool to make their wishes known and to discuss their preferences with their family and doctor before a health crisis. For more information about this and other Retirement Smart courses, visit www.retirement-resource-center.com or "Retirement Smart" on Facebook.

Action Plan

1. Order the [Five Wishes Advanced Care Planning](#) document for yourself (and spouse) first.
2. Bring up the topic gently by indicating you've been considering your won medical wishes. Utilize the "[Conversation Guide](#)" for individuals and families.
3. Provide the blank document to your family and friends.
4. Make copies of your Five Wishes for your healthcare agent, family and loves ones, and medical providers.
5. Make sure your signed copy is readily accessible in case of need



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Leading experts for middle income Americans – BEFORE, AT AND DURING YOUR RETIREMENT

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