

Advance Directives



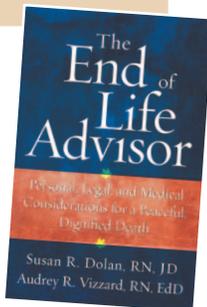
Contact Susan Dolan when...

- ✓ **planning for the future to avoid a crisis, or**
- ✓ **you find yourself headed for a crisis, or**
- ✓ **you find yourself in a crisis.**

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Susan R. Dolan RN, JD brings twenty years of hospice experience to her work as a healthcare consultant, advocate and advisor on end-of-life care. A registered nurse and attorney, Susan is coauthor of the 2009 award winning book, *The End-of-Life Advisor: Personal, Legal and Medical Considerations for a Peaceful, Dignified Death*. Susan appears in the critically acclaimed film *Consider the Conversation: a documentary on a taboo subject*.

In addition to helping private clients, healthcare professionals and care facilities, Susan speaks for groups and large fund raising events and publishes a popular blog at Huffington Post.

We do not hesitate to plan for birthday parties, vacations, graduations and weddings, but we certainly do shy away from planning and preparing for our own end of life care. Yet it is a fact that those who take just a little bit of time to plan and prepare often die well, with peace and dignity and with personal, emotional and spiritual needs attended to.

Good planning includes completing an advance directive. An advance directive is simply a document we complete in "advance" to "direct" others how we want to be treated if we are ever in a position where we cannot speak on our own behalf.

The most powerful advance directive is a power of attorney for healthcare document because it gives authority to another very special person to make health care decisions for you if you cannot make your own choices.

Choose a decision maker that you trust. Other factors to consider when choosing this very special person include, often called a healthcare agent:

1. Can the agent put aside his or her preferences and follow your wishes?
2. Will the agent be able to assertively pursue your wishes even against opposition from others?
3. Is the agent able to understand medical information?
4. Is the agent geographically close so he or she can be present when decisions need to be made?

So what do you need to know about planning and preparing for excellent end of life care? My recipe is simple and boils down to the 3 Ds: Deciding, Discussing and Documenting:

To learn more about completing an advance directive please visit Endoflifeadvisor.com. While we have nothing to say about getting into this world, we certainly have a lot to say about getting out!



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