

Planning for the Care of Your Loved Ones Part III

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To begin the process of advanced care planning we need to communicate with our loved ones about their wishes. Even in the best of circumstances, end of life care can be a difficult topic to address. Although death is a part of the life cycle, it is something I do not like to dwell on much. I am well aware that anything can happen but I have a hard time following through with advanced directives. I have had conversations with my family about their wishes and mine but actually doing it is another story....until I began doing research for this topic!

Research funded by the Agency for Healthcare Research and Quality have shown the following benefits to advanced care planning:

- People who have done advanced care planning seemed to have less fear and anxiety, felt more empowered about their health care and felt their doctor had a better understanding of their needs.

- Less personal worry

- Families had decreased feelings of guilt and helplessness

- A decrease in overall medical cost, less money spent on specialized medical treatments

Next week we will give some suggestions on how to obtain Living Wills and Durable Power of Attorney documents.

Call Solutions EAP at 1-800-526-3485 for assistance for all of life's challenges.

It's free, confidential and open to your family members.

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