



Advance Care Planning Resources

Here are several resources related to help you and your loved ones clarify, document and communicate preferences about end-of-life care.

Being Mortal video <https://www.pbs.org/wgbh/frontline/film/being-mortal/>

This 55-minute film investigates the practice of caring for the dying, and shows how doctors — Atul Gawande, MD himself included — are often untrained and uncomfortable talking about chronic illness and death with their patients.

The Conversation Project www.theconversationproject.org

The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care.

Kits include: Conversation Starter Kit; How to Choose a Health Care Proxy; How to Be a Health Care Proxy; Conversation Starter Kit for Families and Loved Ones of People with Alzheimer's Disease or Other Forms of Dementia; How to Talk to Your Doctor, and Getting Started Guide for Congregations.

Five Wishes form <https://fivewishes.org/five-wishes-transitions-lifecare/>

*Documents basic preferences about health care proxy, treatment, comfort, communication, and family/loved ones. **This is a FREE download for you, your loved ones, and your patients and clients at TL – courtesy of TL!!** Legally valid in North Carolina when signed & witnessed by 2 people, and notarized.*

Go Wish cards www.gowish.org

*A deck of 36 cards that individuals can sort in order to think about and rank what is important to them when they face a life-limiting illness. **Online version is free.***

How to Select Your Health Care Proxy

http://www.americanbar.org/content/dam/aba/administrative/law_aging/tool1_authcheckdam.pdf

*This tool will help you decide who your best health care proxy may be. This is part of an online “**Toolkit for Health Care Advance Planning,**” which includes other helpful tools as well.*

North Carolina-specific Living Will & Health Care Power of Attorney

***Living Will.** This form allows you to choose what kinds of care you would or would not want to receive.*

[ADVANCE DIRECTIVE FOR A NATURAL DEATH \("LIVING WILL"\)](#)

*“**Practical Form**” (shorter & simpler, from the NC Medical Society): [NH Advanced Directive Booklet 801632](#)*

***Health Care Power of Attorney.** This form allows you to name a person who will speak for you and advocate for you if you cannot speak for yourself. [health_care_power_of_attorney.pdf](#)*