



Just Say Yes: Taking Control of Your Long-Term Healthcare Decisions



A TRADITION OF SERVING SINCE 1917

L'Don Sawyer

St. Luke's Home

615 East Adams St

stlukeshometucson.org

Annual Conference on Successful Aging
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+ Plan For Today



- Define Long Term Health Decisions
 - Healthcare Directives
 - Housing
- How to start/have the Conversation
- Resources for help

+ A story



Me: Why won't Dad do his advance directives?

Mom: He's just like that – He says you & Steph are smart and will figure it out.

Me: Steph, do you know what Dad would want healthwise or end of life?

Steph: I have no idea. He will be fine because he has a strong faith and knows he will go to heaven.

Me: Dad, you gotta tell us about your wishes for treatment and end of life care – no one knows what you want.

Dad: Let's talk about in the Spring when I come to Tucson...

+ A question

- Your spouse
- Your adult child or if you have more than one, majority consent of children available for consult
- Your parent
- Your domestic partner (if no other person assumed financial responsibility for you)
- Your brother or sister
- Your close friend





Do your loved ones know your wishes?



- 90% of people say talking to loved ones about important health care EOL decisions is important
 - 27% have actually done so
- 60% say making sure that their families are not burdened by tough health decisions is “extremely” important
 - 56% have not communicated that information to their loved ones
- 82% of people say that putting their wishes in writing is important
 - 23% have actually done it

Source: Conversation Project National Survey 2013

+ Why is this So Important?



- It's Your Life, It's Your Plan and Your Choice
- It's the **Right Thing To Do** for your family, friends and loved ones
- It keeps you in control!

+ Housing



- Age in Place at Home?
 - Need modifications
 - Transportation – how will you get around if you can't drive? Do you live in area that has easy access?
 - Home health services coming in
- Live with others? Family? Friends?

+ Housing in a Community (Facility)



- Independent Living

- Assisted Living

- Supervisory, Personal, and Directed

+ Cost of Care



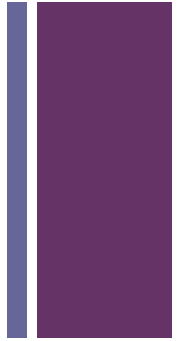
Tucson, AZ

Monthly Cost	2016
Home Health Care	
Homemaker Services	\$4,004
Homemaker Health Aide	\$4,004
<small>Based on annual rate divided by 12 months.</small>	
Adult Day Health Care	
Adult Day Health Care	\$1,617
<small>Based on annual rate divided by 12 months.</small>	
Assisted Living Facility	
Private, One Bedroom	\$3,325
<small>As reported, private, one bedroom.</small>	
Nursing Home Care	
Semi-Private Room	\$6,920
Private Room	\$8,310
<small>Based on annual rate divided by 12 months.</small>	





Formal Healthcare Decisions



- Durable Health Care Power of Attorney
 - Designates your “agent” to make healthcare decisions for you if you can no longer make those decisions yourself
- Living Will
 - Expresses your wishes about medical treatment for terminal conditions, persistent vegetative state or an irreversible coma.
- Prehospital Medical Directive (Do Not Resuscitate)
 - In the event of cardiac or respiratory arrest Informs EMT or hospital emergency workers not to resuscitate you.
 - **MUST BE ON LETTER SIZE PAPER OR WALLET SIZE PAPER ON AN ORANGE BACKGROUND**

+ Health care decisions



- Durable Mental Health Care Power of Attorney
 - In AZ, you need this document if inpatient behavioral health treatment is required and you are unable or unwilling to accept treatment
 - Evaluation to determine decision making capacity by a specialist in neurology or licensed psychiatrist or psychologist
- Letter to My Representative(s)
 - Outlines role and responsibilities

+ Who Needs to have your Healthcare Directives?

- Keep a copy in a safe but easily accessible place
- Your Representative(s)
- Your Physician
- Other Family Members?
- Take a copy with you when travelling
- Register your forms with the AZ Secretary of State





Healthcare Directives Registries



The **Arizona Advance Directive Registry** is a free registry to electronically store and access your medical directives.

- <https://www.azsos.gov/services/advance-directives>

+ What happens if I don't?



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+ Resources: The Conversation Project



Your Conversation Starter Kit

When it comes to end-of-life care, talking matters.



Institute for
Healthcare
Improvement

the conversation project

CREATED BY THE CONVERSATION PROJECT AND THE INSTITUTE FOR HEALTHCARE IMPROVEMENT



Resources



- Arizona Attorney General Mark Bronvich

<https://www.azag.gov/seniors/life-care-planning>

Community Outreach and Education

(602) 542-2123

(800) 352-8431 (outside Phoenix and Tucson)

CommunityServices@azag.gov

- Elder Law Estate Planning Attorneys
 - Community Presentations
 - Newsletters/Blogs
 - Access to other Resources
- Hospice, Education and Legal Partnership Inc.
 - www.hospicelegalline.com

+ Resources



Interfaith Community Services - Online Library

<https://www.icstucson.org/end-life-care-resources>

Guide to Long Term Care

<http://longtermcare.gov/the-basics/>

Cost of Care Calculator

<https://www.genworth.com/about-us/industry-expertise/cost-of-care.html>

Pima Council on Aging

www.pcoa.org



Thank You Supporters!



Retirement • Assisted Living • Memory Care

