

Advance Directives Help

There are several reputable organizations that offer tools and resources to help individuals and their families create advance directives. Here are some noteworthy organizations and the tools they provide:

AARP (American Association of Retired Persons):

AARP is a nonprofit organization dedicated to empowering people aged 50 and older. They offer a comprehensive guide on advance directives that includes state-specific forms, frequently asked questions, and instructions for completing the forms. You can find their resources at:

<https://www.aarp.org/caregiving/financial-legal/free-printable-advance-directives>

National Hospice and Palliative Care Organization (NHPCO):

NHPCO is a national organization representing hospice and palliative care providers. They offer the "CaringInfo" program, which provides free state-specific advance directive forms, instructions, and educational materials. Access their resources at:

<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>

Five Wishes:

Five Wishes is a comprehensive, user-friendly advance directive document created by the nonprofit organization Aging with Dignity. It is designed to help individuals express their personal, emotional, and spiritual needs, as well as their medical wishes. Five Wishes is legally valid in 42 states and can be used as a guide in the other states. You can find more information at:

<https://www.agingwithdignity.org/five-wishes>

Prepare for Your Care:

This is an online resource that guides individuals through the process of creating an advance directive. Their step-by-step process covers topics such as choosing a healthcare agent, deciding on the level of medical care desired, and sharing wishes with loved ones. The website also offers easy-to-understand videos and a free, downloadable advance directive form that meets the legal requirements of most states. Visit their website at:

<https://prepareforyourcare.org/>

□ **The Conversation Project:**

The Conversation Project is a public engagement initiative that aims to help people discuss their wishes for end-of-life care. They provide a free "Conversation Starter Kit" to help guide individuals and their families through discussions about advance care planning. While this tool does not replace a legally binding advance directive, it can be a helpful starting point for conversations that lead to completing an advance directive. Access their resources at:

<https://theconversationproject.org/>

Each of these organizations offers valuable tools and resources for creating advance directives. It is important to consult with an attorney or a qualified professional when completing legal documents to ensure they meet the specific requirements of your state and accurately reflect your or your loved one's wishes.

About Positive Caregiving:

Positive Caregiving is on a mission to help make caregiving and care receiving a positive experience, a time to savor, and an opportunity for personal growth. For more information visit positivecaregiving.com.

About the Helpful Tools Series:

Locating accurate and timely information remains a persistent challenge for many older adults and caregivers. The Helpful Tools Series by Positive Caregiving aims to simplify this process and empower individuals to concentrate on the positive aspects of aging and caring for older loved ones.