

Advance planning:

Honoring wishes.



While it can be difficult, talking with your loved one about their end-of-life wishes is an important step to take. Creating an advance directive provides your loved one the opportunity to express their medical, personal, emotional, social and spiritual wishes — and it conveys those wishes to family, friends and doctors. A comprehensive advanced directive answers these questions:

- Who should make your loved one's health care decisions if they can't speak for themselves?
- What kind of medical treatment does your loved one want?
- How comfortable does your loved one want to be?
- How does your loved one want to be treated by others?
- What does your loved one want others to know?

Having a conversation about your loved one's end-of-life wishes will help ensure that their final days are comfortable, calm and full of dignity.

To learn more about advance planning, please contact Solutions for Caregivers. We're here to provide you and your loved one with the support and information you both need.

Solutions for Caregivers is designed to provide the support caregivers need, and help alleviate the financial and emotional costs of caregiving. Our experienced nurses visit your loved one, provide an objective assessment of the situation, develop a care plan and discuss recommendations with the whole family. We can also help with decision making around alternate living arrangements like assisted living or nursing home care. Or, for those dealing with advanced illnesses and end-of-life situations, we can provide recommendations for palliative and hospice care. Solutions for Caregivers can help you and your loved one, so you can enjoy your time with them.

For more information on Solutions for Caregivers:



Call **1-866-463-5337**, TTY 711
24 hours a day, 7 days a week



Visit **www.LiveandWorkWell.com**
Access code: "Caregiver"



Solutions for Caregivers assists in coordinating community and in-home resources. The final decision about your care arrangements must be made by you. In addition, the quality of a particular provider must be solely determined and monitored by you. Information provided to you about a particular provider does not imply and is in no way an endorsement of that particular provider by Solutions for Caregivers. The information on and the selection of a particular provider has been supplied by the provider and is subject to change without written consent of Solutions for Caregivers.