



Founded as Hospice of Wake County • 1979





Transitions
LifeCare

**Hospice of Wake County, Inc. became
Transitions LifeCare on April 30, 2014**

For several years, Hospice of Wake County offered more than hospice care and served patients well beyond Wake County. Our core brand name, Hospice of Wake County, no longer accurately reflected all that we do. Thus, we have changed our name to Transitions LifeCare.

We changed what we are called, not who we are. Our mission and vision are unchanged and we remain a local, non-profit organization serving patients regardless of their ability to pay.





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Advance Directives

Advance Directives

- They are written instructions created in the present regarding future medical care for yourself
- They are used only when you are unable to speak for yourself

Advantages of Advance Directives

1. They allow you to exert maximum influence over your healthcare
2. They are free!
3. They are a gift of reduced burden to your loved ones

Types of Advance Directives

1. **Healthcare Power of Attorney** – which clarifies

“WHO you want as your designee and your advocate.”

- It may be the most important decision you will make regarding your healthcare.
- Different than your Durable Power of Attorney

2. **Living Will** - which defines

“WHAT you want done if you are unable to speak for yourself.”

- They are instructions for your care.
- They provide guidance regarding your “philosophy.”

3. **Advance Directives that are ONLY done with your medical provider.**

- The MOST form and the DNR
- They are usually done in the face of serious illness



FIVE WISHES[®]

MY WISH FOR:

The Person I Want to Make Care¹ Decisions for Me When I Can't

The Kind of Medical Treatment I Want or Don't Want²

How Comfortable I Want to Be³

How I Want People⁴ to Treat Me

What I Want My Loved Ones⁵ to Know

print your name

birthdate

Wish #1

The person I want to make health care decisions for me when I can't make them for myself

- Also known as a “health care power of attorney” or “health care proxy”
- Allows you to name a person to make health care decisions for you if you're unable to speak for yourself. You can also name two alternates.
- Choose the person who will honor your wishes and stand up for you. That person may or may not be a relative.
- Health care agent can interpret the instructions you give in *Five Wishes* and make decisions based on his/her understanding of your wishes and values.
- Legal requirements: At least 18 years old; not a health care provider or the spouse or employee of a health care provider; a person who can pay adequate attention to your needs



Wish #2

My wish for the kind of medical treatment I want or don't want

- This part is commonly known as a “living will.”
- Allows each person to define what life support treatment means to him or her. People may customize this definition by writing on the blank lines.
- Expresses general instructions for your health care providers and caregivers, such as providing medicine for pain.
- Clarifies your wishes in several scenarios (terminal condition, coma, severe brain damage, etc.).
- Gives you space to write additional instructions based on your personal beliefs.



Wish #3

My wish for how comfortable I want to be

- Stresses that you want your pain managed properly
On a scale of 0-10, where do you want to be? Max and Minimum
- You can express your choices for types of care, such as having a cool, moist cloth placed on your forehead if you have a fever, etc...
- Asks that you be given information about hospice and comfort care

Wish #4

My wish for how I want people to treat me

- What others should keep in mind if you become seriously ill
- Whether you want to have people around or your hand held when possible
- Whether you want prayers said or music played
- Ideas for your surroundings, such as having pictures of loved ones nearby

Wish #5

My wish for what I want my loved ones to know

- A truly unique part of *Five Wishes* that deals with “closure” matters or “unfinished business”
- Encourages you to express matters of deep importance in an age where families often live apart
- Allows you to offer love and forgiveness to those who may have hurt you
- Communicates practical matters such as preferences for memorial or burial



Creative Ways to Leave a Legacy

- Write letters to your loved ones to encourage and communicate how much they mean to you.
- Write out your beliefs and convictions – an ethical will.
- Capture some of your life stories in writing, audio recording or video.
- Start writing a journal of stories from your life to be given to your family.

“I completed and signed the *Five Wishes* and got it notarized. Now what?”

You can't use what you can't find!

Give

- A copy to your healthcare power of attorney
- A copy to your Doctor and healthcare providers
- A copy to any facility involved in your healthcare
- A copy to your other loved ones

Keep

- A copy in your home where it is easily accessible
- A list of who you gave them to



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Review It Whenever You Get a “D”

- **Decade**
- **Divorce**
- **Death of a loved one**
- **Diagnosis**
- **Decline in health status**

If you make changes:

Destroy the old copies and
make new copies for those who will need them.

Questions

