



**CENTRALINA**  
Area Agency on Aging

# **Plan Now for Peace of Mind: Advanced Directives**

## **April 14, 2021**

# ZOOM Webinar Features:

- **We will record this webinar**
- **You are automatically muted**
- **You cannot see other participants**
- **You will see Speakers and Hosts**
- **Please ask questions via the chat box**



# Thank you to our Sponsor:



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# Introducing our Speakers!



**Angela Beamer-Ratliff, MSW, ACM-SW**

Regional Coordinator Advance Care Planning  
Choices and Champions  
Novant Health, Inc



**Ashley McAlarney**

Staff Attorney  
Legal Aid of NC



# Feelings in the midst of a crisis



"Afraid"

"It's unfair for family to decide"

"Guilt about making decisions"

"Don't want to fight about it...because other family members have different views"

"Stressful"

"Difficult living with decisions made"

"It's still hard to reconcile a year later"

# Who is the best person to be your health care agent?

- Communicates well**  
Someone who can work and communicate well with other people who are involved in your life and care
- Knows you**  
Someone willing to know and ask questions to understand your health condition(s) and medical history
- Cares about you**  
Someone to pay attention to facts and details when making decisions
- Is available**  
Someone who can be available to make decisions about your care as needed
- Respects your values**  
Someone who can respect your beliefs and values, even if they are different from their own
- Is trustworthy**  
Someone who can be trusted to do their best to honor your wishes

# Why is it important to choose wisely?

The person you name as your Healthcare Agent will legally be able to make:

The easy decisions:

- Trim your nails
- Trim/shave your beard
- To apply a Band-Aid or not
- When to sit you up in a chair

The difficult decisions:

- When to begin treatment
- When to withdrawal/stop treatment
- Which hospital you receive care at
- Who to let come visit you



## Starting Meaningful Conversations

I was thinking about what happened to \_\_\_\_\_ , and it made me realize...

Even though I'm okay right now, I'm worried that \_\_\_\_\_ , and I want to be prepared."

<https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-ConvoStarterKit-English.pdf>

<https://theconversationproject.org/>



## Feelings after conversations

### Relief

Took the stress away to know what he wanted

Wish we had the conversation before serious illness happened

I could concentrate on being a daughter instead of a caregiver having to make decisions



# Conversation Starter Resources

- Conversation Guide  
[www.theconversationproject.org](http://www.theconversationproject.org)
- NC Serious Illness Coalition  
[www.ncsicoalition.org](http://www.ncsicoalition.org)
- Got Plans  
[www.gotplans123.org](http://www.gotplans123.org)
- Death Over Dinner  
[www.deathoverdinner.org](http://www.deathoverdinner.org)
- Death Deck  
[www.thedeathdeck.com](http://www.thedeathdeck.com)

action  
changes  
things

# HCPOA and Living Will: What's the Difference?

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## HEALTH CARE POWER OF ATTORNEY

Designates agent(s) to make health care decisions for you

NC Gen Stats 32A-15 through 32A-27

## LIVING WILL (ADVANCE DIRECTIVE)

Gives instructions for when you want health care providers to withhold or withdraw life prolonging measures

Also called advance directive for a natural death

NC Gen Stat 90-321

# DNR and MOST Forms

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## **Do Not Resuscitate** and **Medical Order for Scope of Treatment**

(NCGS 90-21.17)

- Only doctors can authorize
- More limited in scope than the statutory health care power of attorney and living will forms
- They suspend any conflicting directions in a previously executed living will or health care power of attorney as long as the DNR/MOST are in effect

# Execution of Documents

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- Notarize
- 2 Witnesses:
  - ❖ Not related by blood or marriage
  - ❖ Not entitled to any portion of estate
  - ❖ Not a doctor or employee by client's doctor, health care facility, nursing home or adult care home

# What to do with Signed Health Care Directives

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- Give copy to each named agent
- Give copy to primary care doctor any specialist you see regularly
- Consider giving copies to anyone else likely to meet you at hospital in emergency
- Some people keep a copy in glove compartment box of car
- Secretary of State has Advance Health Care Directive Registry (optional)

# NC Statutory Forms

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Health Care Power of Attorney

Advance Directive for a Natural Death (Living Will)



# Legal Aid of NC- Senior Law Project

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- Legal assistance for seniors age 60+ for civil legal matters\*
  - Consumer, employment, housing, government benefits, domestic violence, elder abuse, estate planning
  - \*Some assistance is income-based
  
- Senior Legal Helpline 1-877-579-7562
  - Monday- Friday 9:00am-4:00pm

# Any Questions?

**Thank you to our sponsor!**



# Next Webinar:

## The Many Faces of Caregiving

May 20, 2021

2 PM – 3 PM

[www.centralinaaging.org](http://www.centralinaaging.org)