



## Tool Kit For Health Care Advance Planning

### INTRODUCTION

If you are looking at this Tool Kit, you are either thinking of making a health care advance directive (such as a Living Will or Durable Power of Attorney for Health Care Decisions), or you may have already signed one. In either case, you should be aware that just having a written advance directive by itself does not ensure that your wishes will be understood and respected. Studies have shown that standard advance directive forms do little to influence end-of-life decisions without: 1) informed, thoughtful reflection about your wishes and values, and 2) personal communication between you and your likely decision-makers before a crisis occurs.

### WHY A TOOL KIT?

Good advance planning for health care decisions is a continuing conversation – about values, priorities, the meaning of one’s life, and quality of life. To help you in this process, this Tool Kit contains a variety of self-help worksheets, suggestions, and resources. There are 10 Tools in all, each clearly labeled and user-friendly.

#### Tool Kit Contents:

TOOL #1	HOW TO SELECT YOUR HEALTH CARE AGENT OR PROXY
TOOL #2	ARE SOME CONDITIONS WORSE THAN DEATH?
TOOL #3	HOW DO YOU WEIGH ODDS OF SURVIVAL?
TOOL #4	PERSONAL PRIORITIES AND SPIRITUAL VALUES IMPORTANT TO YOUR MEDICAL DECISIONS
TOOL #5	AFTER DEATH DECISIONS TO THINK ABOUT NOW
TOOL #6	CONVERSATION SCRIPTS: GETTING PAST THE RESISTANCE
TOOL #7	”PROXY IQ TEST” FOR FAMILY & PHYSICIAN
TOOL #8	WHAT TO DO AFTER SIGNING YOUR HEALTH CARE ADVANCE DIRECTIVE
TOOL #9	GUIDE FOR HEALTH CARE PROXIES
TOOL #10	RESOURCES: ADVANCE PLANNING FOR HEALTH CARE

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American Bar Association  
740 Fifteenth Street, N.W., Washington, D.C. 20005  
Ph: 202-662-8690 Internet: [www.abanet.org/elder](http://www.abanet.org/elder)

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LIFE Project  
1901 University - Wichita, Kansas 67213-3325  
316.263.6380  
316.263.6542 fax  
HELPLINE (tollfree) 888-202-5433  
888-202-LIFE  
[contact@lifeproject.org](mailto:contact@lifeproject.org)

Toolkit Intro