



California Hospice Foundation



CHOICES

Empowering People

Spring 2014

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Dear Friends of Hospice:

2013 was a busy year for our small staff!

As always, we received daily calls from the community seeking hospice care for themselves or their friends or family. More and more, though, people are visiting our website to find hospice care, so we expanded our online hospice directory to better serve patients and their families looking for the right fit for their needs.

With our sister organization, the California Hospice and Palliative Care Association, we continued our commitment to veterans and the *We Honor Veterans* project, to address the needs of veterans at the end of life.

We also worked with the American Hospice Foundation and the California Healthcare Foundation on voluntary public reporting of quality outcomes for hospices.

As part of our commitment to community outreach and education, we provided grant funding toward preliminary research and development of a documentary film based on the book, *The Best Care Possible: Wellbeing at the End of Life* written by Ira Byock, MD. We also gave funding toward a project from the Coalition for Compassionate Care (CCCC) to expand the conversation on end-of-life care by increasing coverage of these issues in California's traditional and social media.

None of our efforts would be possible without you. Your financial support allows us to serve communities across California and Nevada. Thank you.

If you or anyone you know has a need for Hospice Information and Referral services please call the California Hospice Foundation's toll free number: 888-252-1010

CONTACT

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National Healthcare Decisions Day

April 16 is the 7th Annual National Healthcare Decisions Day (NHDD). This day was established to encourage adults of all ages to plan ahead of a health crisis.

Making decisions ahead of time and putting your wishes in writing brings peace of mind to families. It helps to avoid the difficult situations that are so common when a person becomes seriously ill and the family is left to guess what their loved one would have wanted.

We encourage you to join Americans across the country to complete your advance directive and then talk to others about your healthcare decisions.

Advance Directive FAQs

What is an advance health care directive?

An advance health care directive is a written expression of what a person does and doesn't want if he or she becomes ill and can't communicate or make decisions. The directive contains written instructions concerning future medical care and/or names your healthcare decision maker to act on your behalf when you are not able to act for yourself.

Where can I get an advance health care directive form?

You don't have to use a special form as long as it meets legal requirements in the state where you live. For the form to be legal in California, it requires a signature, date and two witnesses (plus special requirements for residents of skilled nursing facilities). If you choose to use a form, they are available at no cost from many sources, including physicians and hospitals, insurance plans and from the internet. The California Hospice Foundation is also a good source. Visit our website at cahospicefoundation.com or call us at 888-252-1010 to have a form mailed to you. If you visit another state often or move, make sure your form is legal there.

When should I complete an advance health care directive form?

There's no time like the present. You don't have to wait until you're facing a medical procedure or hospitalization. In fact, it is far better to talk about your preferences when you are well so that you and others are not under pressure or in the emotional turmoil caused by an accident or sudden aggressive illness. Advance planning can give everyone concerned peace of mind, an opportunity to discuss very difficult issues, and shared decision making.

Do I need an attorney to complete an advance health care directive?

No. Any type of form is legal in California as long as it has your signature, date and the signature of two qualified witnesses. If you live in a skilled nursing facility in California, there are special witnessing requirements including the signature of the

patient advocate or ombudsman. You might want to consult an attorney if you live for part of the year out of state or you have concerns.

Talk About Your Decisions

Talking about your healthcare decisions with your family is as important as creating your advance directive. We know, however, that talking about the possibility of death can make you and others uncomfortable. Fortunately, there are many resources to help you start the conversation:

Conversation Project

The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care. They are focused on generating conversations about healthcare wishes with family members and ensuring individuals have thought through what they want at the end of life. For a conversation "starter kit" visit their website at <http://theconversationproject.org/>.

DeathWise

Deathwise is passionate about motivating people to talk about, make decisions, plan for the end of their lives and then documenting their wishes in an advance directive to ensure their preferences are communicated to their medical services providers, family and friends. Wise Conversations provides trained coaches to meet with and guide small groups of people through conversations about clarifying choices and the process of

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More Resources

Advance Directives

- Aging With Dignity
(<https://www.agingwithdignity.org/>)
- Lifecare Advance Directives
(<http://www.lifecaredirectives.com/>)
- My Directives
(<http://www.mydirectives.com/>)

Resources for Family Conversations

- Caring Connections
(<http://www.caringinfo.org/>)
- Prepare
(<https://www.prepareforyourcare.org/>)

Visit our website at cahospicefoundation.com for more resources or call us at 888-252-1010 to have a list mailed to you.

Thank You to Our Top Donors of 2013

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Healthcare Decisions Day cont'd

completing advance directives. To learn more, visit their website at <https://www.deathwise.org/>.

Engage With Grace

Engage with Grace is a movement with the goal to help people discuss what's important to them so their end of life experience is just as purposeful as the way in which they live their lives. This movement calls on people to engage in a blog rally every Thanksgiving and also has a call to action to participate in their One Slide project. The One Slide features just five questions designed to get the conversation about end of life care started with loved ones. The Engage with Grace Blog Rally has a different theme every year at Thanksgiving and is an opportunity for people to donate their Facebook, Twitter and Blog updates to raise awareness about the importance of end of life conversations. Visit their website at <http://www.engagewithgrace.org/>.

Your decisions matter. Celebrate National Healthcare Decisions Day! Take action now and let your loved ones know your wishes.

Donate Your Vehicle

If you have a vehicle that you are thinking of trading in or selling, please consider donating it to the California Hospice Foundation's Donate a Car Program.



When your vehicle is sold, the proceeds will go to the California Hospice Foundation (CHF). You may also be able to deduct the fair market value of your vehicle as a charitable contribution for income tax purposes.

We have partnered with Car Program, which accepts most vehicles, including cars, trucks, trailers, boats and RVs. The donation process is easy by fax or by phone.

If you have questions or would like to learn more, please visit our website at www.cahospicefoundation.com or call us at (888) 252-1010