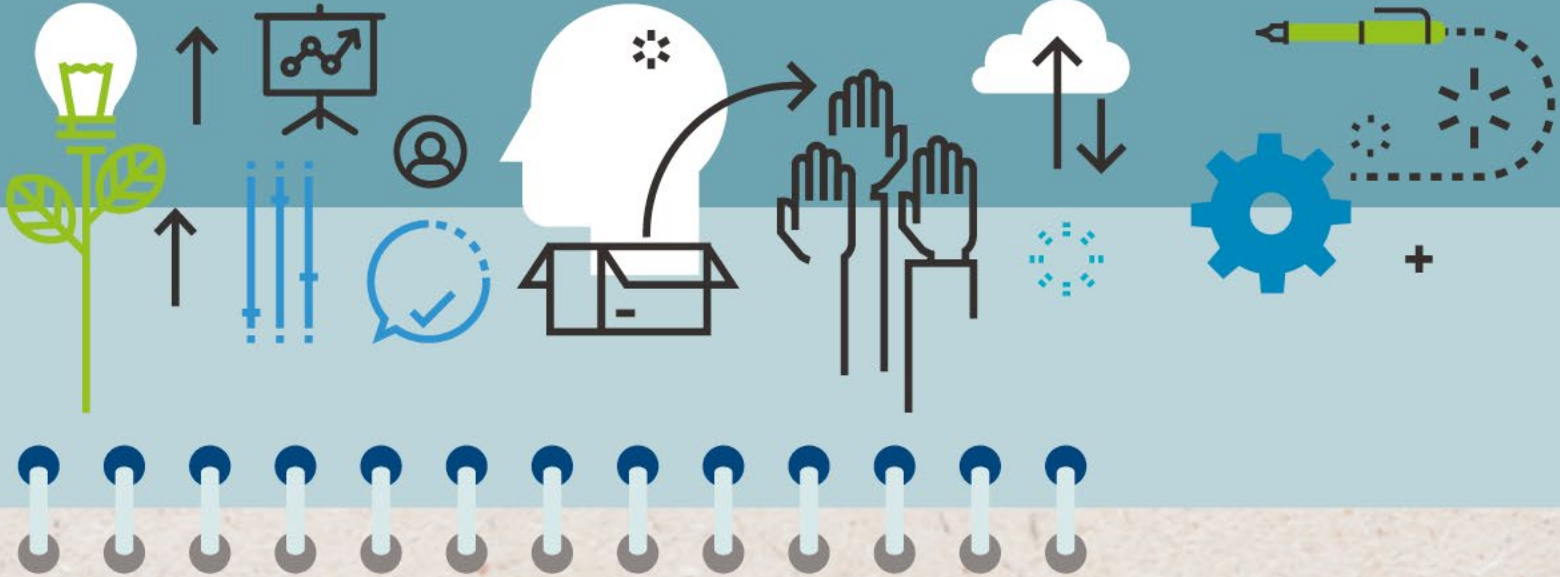


# Advance Directives



March 25, 2026

Presenter: Greg Berlin

# Features of BeWell by CCA

- Confidential
- No Cost
- Employees & Family Members
- 24/7
- 800-833-8707
- [ccaplatform.com/go/cuny](https://ccaplatform.com/go/cuny)

BeWell by CCA



# BeWell by CCA: How We Support Employees & Family Members

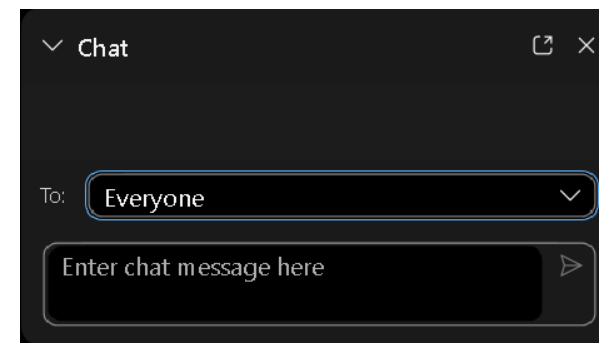
CHILD CARE	ADULT AND ELDER CARE	DAILY LIVING	LEGAL AND FINANCIAL	EMOTIONAL WELL-BEING
Locating Child Care	Aging	Home Improvement	Identity Theft	Stress, Anxiety, Depression
Parenting/Child Development	Housing Options	Pet Care	Wills and Estate Planning	Life Transitions
Pre/post-Natal Health	Caregiver Support	Health/Fitness	Divorce and Custody	Relationship and Family Concerns
Adoption	Medicare and Medicaid	Moving and Relocation	Bankruptcy	Grief and Trauma
Education	Community Resources	Event Planning	Budgeting and Debt/Credit Management	Addiction and Recovery
Work/Family Balance	Adults with Disabilities	Travel/Leisure	Saving for the Future	Workplace Issues

# Housekeeping Tips for a Successful Session

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- Phone lines are muted, cameras are disabled
- Please DO NOT put your phone on hold
- Questions or comments for the presenter? Use chat and select “All Panelists”
- Questions or comments for the group? Use chat and select “Everyone”



- Raise Hand
- Reaction
- More Options:
- Switch Audio
  - Copy Webinar Link
  - Switch to Mobile
- Leave



# Objectives



- Define advance directives and identify the benefits
- Learn about a living will and durable power of attorney for health care
- Learn tips for preparing an advance directive
- Identify strategies for communicating with older relatives about the need for advance directives
- Identify resources that can help you complete your advance directives

# What Is an Advance Directive?

- A written statement of your wishes, preferences, and choices regarding end-of-life health care decisions
- A tool to help you think through and communicate your choices
- Written instructions about future medical care



# Why Do We Need Advance Directives?

- Your wishes will be known
- Only used if you are unable to express your decisions
- This can happen to anyone – at any age
- Give your loved ones the gift of peace of mind – write down your wishes!



# Considerations

## Only used:

- If you are seriously ill or injured, and
- Unable to speak for yourself



## Should include:

- Living will
- Medical (health care proxy) power of attorney



# Living Wills

- What is a living will?
- Why do we need a living will?
- When is a living will used?



# Durable Power of Attorney

What is a "Durable Power of Attorney" for health care, or "Health Care Proxy"?

May also be called:

- "Health Care Proxy or Agent"
- "Health Care Surrogate"
- "Medical Power of Attorney for Health Care"



# Health Care Proxy

- Why do we need a health care proxy?
- When do we use a health care proxy?
- Who should you choose as your health care proxy?
- Should I have both a living will and a durable power of attorney?



# Advance Directives Advantages

- You are in charge of making your own decisions
- Documents can be changed anytime
- You do not need an attorney
- Documents can help you express your wishes
- Individual forms are available to download at your state government website



# Hospital DNR

- DNR = Do Not Resuscitate
- Another kind of advance directive
- A request not to have cardiopulmonary resuscitation (CPR) if your heart stops or if you stop breathing
- You can use an advance directive form or tell your doctor that you don't want to be resuscitated
- DNR orders are accepted by doctors and hospitals in all states



# Five Wishes

- A national advance directive written in simple language that helps start important conversations about care
- It combines the living will and health-care power of attorney documents, and addresses matters of comfort care, spirituality, forgiveness, and final wishes
- Created by the nonprofit organization Aging with Dignity

# Tips

## Tips for preparing an advance directive:

- Some doctor's offices can provide a form
- You can write your wishes down by yourself
- State health department or department on aging have forms
- Lawyer – although it does not need to be a legal form
- Computer software package for legal documents

Assisting Older Relatives in Preparing Advance Directives

# Resources

[putitinwriting.org](https://putitinwriting.org)

[aafp.org](https://aafp.org)

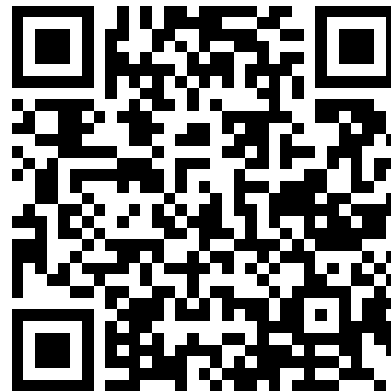
[familydoctor.org](https://familydoctor.org)

[aarp.org](https://aarp.org)

[care.com](https://care.com)

# Seminar Evaluation Survey

Please scan the QR code to fill out the evaluation survey.



Thank you!

Thank you!

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