

## Understanding Ventilators and End of Life Wishes Resources

Compiled by WASHAA May 20, 2020 [www.washaa.org](http://www.washaa.org)

Resource Type	Organization/Company	Description	Source/Link
Advance Care Planning article	Randy Curtiss, MD, MPH as published in JAMA	The Importance of Addressing Advance Care Planning and Decisions About Do-Not-Resuscitate Orders During Novel Coronavirus 2019 (COVID-19)	<a href="https://jamanetwork.com/journals/jama/fullarticle/2763952">https://jamanetwork.com/journals/jama/fullarticle/2763952</a>
Advance Care Planning Tool (online)	The Final Roadmap	<b>Final Roadmap</b> is an online end of life planning tool kit that includes estate planning, advance directives, notifications of death, funeral planning and much more.	<a href="https://www.finalroadmap.com/">https://www.finalroadmap.com/</a>
Advance Care Planning Tool – Downloadable Documents	Wonderfile offered by End of Life Washington	The Wonderfile provides a central place to store all necessary paperwork, and answers questions about what needs to be done to maintain control at the end-of-life and what plans need to be made.	<a href="https://endoflifewa.org/choices-and-planning/wonderfile/">https://endoflifewa.org/choices-and-planning/wonderfile/</a>
COVID19 Tool Kit on Serious Illness Downloadable Documents	Ariadne Labs	Ariadne Labs' Serious Illness Care Program developed a COVID-19 Response Toolkit to help patients have these important conversations with people they trust within their support networks. Additionally, the Toolkit includes resources for health systems and clinicians to address the communications needs of patients in the community and those in the hospital.	<a href="https://covid19.ariadnelabs.org/serious-illness-care-program-covid-19-response-toolkit/#patient-resources">https://covid19.ariadnelabs.org/serious-illness-care-program-covid-19-response-toolkit/#patient-resources</a>
Health Care Proxy Brochure	The Conversation Project	How to Choose or Be a Health Care Proxy	<a href="https://marketplace.mimeo.com/theconversationproject/product/3d05c00ccaed44f08fdab7adb5254ced#name=17">https://marketplace.mimeo.com/theconversationproject/product/3d05c00ccaed44f08fdab7adb5254ced#name=17</a>

Know Your Choices Brochure	Washington	A brochure outlining a statewide campaign to give patients the tools they need to make informed choices about their care -- whether that's a CT scan for a headache, understanding choices other than the emergency room when unexpected care is needed, or making informed end of life choices.	<a href="file:///Users/RobinShapiro/Dropbox%20(WASHAA%20Org%20Files)/WASHAA%20Org%20Files/Programs/Zoom%20Calls%20-%202020/May%2018%20Ventilators/KYC_brochure_8.5x11.pdf">file:///Users/RobinShapiro/Dropbox%20(WASHAA%20Org%20Files)/WASHAA%20Org%20Files/Programs/Zoom%20Calls%20-%202020/May%2018%20Ventilators/KYC_brochure_8.5x11.pdf</a>
Morning Glory Memory Keeper Workbook	Author Della Goldsworth	This is a workbook for you to fill out personally or for your loved one. It can be used in case of dementia, stroke, ALS, or any disease or accident that results in limited or no communication with caregivers. It holds your daily routines: how you like to get up in the morning, how you take your coffee, what you like to eat, what you like to do. The Memory Keeper also guides you through recording your favorite memories of your childhood, adulthood, and family.	<a href="https://www.amazon.com/dp/B06XY5FTS4/ref=cm_swr_twa_wdo_x_FJz3ybjFNG25J">https://www.amazon.com/dp/B06XY5FTS4/ref=cm_swr_twa_wdo_x_FJz3ybjFNG25J</a>
POLST Form	Washington State Medical Association	If you have a serious health condition, you need to make decisions about life-sustaining treatment. Your physician can use the Physician Orders for Life-Sustaining Treatment (POLST) to represent your wishes as clear and specific medical orders, indicating what types of life-sustaining treatment you want or do not want at the end of life. POLST is not for everyone. POLST is designed for seriously ill individuals, or those who are in very poor health, regardless of their age. POLST	<a href="https://wsma.org/POLST">https://wsma.org/POLST</a>

		complements an advance directive and is not intended to replace that document.	
Honoring Choices – Online Steps to Make Your Wishes Known	Honoring Choices Pacific Northwest	<p>Talking with your loved ones and health care providers is the best way to make sure your voice is at the center of your health care.</p> <p>The sections on the website can help you think and talk about your wishes, or start a conversation with a loved one.</p>	<p><a href="https://www.honoringchoicespnw.org/plan/talk-about-it/">https://www.honoringchoicespnw.org/plan/talk-about-it/</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Honoring Choices PNW website page on different treatment options</a></li> <li>• <a href="#">Honoring Choices PNW contact page for conversations or interested in training</a></li> <li>• <a href="#">Honoring Choices PNW page to email loved ones that you want to talk about advance care planning</a></li> <li>• <a href="#">PREPARE for your Care where you complete an advance directive with video prompts throughout</a></li> </ul> <p>Also follow HCPNW on social media accounts:</p> <ul style="list-style-type: none"> <li>• Twitter: (at)HCPNW</li> <li>• Facebook: (at)HonoringChoicesPNW</li> <li>• LinkedIn: Honoring Choices Pacific Northwest</li> </ul>
Seniors and Ventilators Online Video	Jim deMaine, MD hosted by Skyline Community	How Seniors might consider their options when it comes to ventilators	<a href="http://www.skyline725.com">www.skyline725.com</a>
That Good Night book	Author Sunita Puri, MD	Interweaving evocative stories of Puri's family and the patients she cares for, <i>That Good Night</i> is a stunning meditation on impermanence and the role of medicine in helping us to live and die well, arming readers with information that will transform how we communicate with our doctors about what matters most to us.	<a href="https://www.amazon.com/That-Good-Night-Medicine-Eleventh/dp/0735223319">https://www.amazon.com/That-Good-Night-Medicine-Eleventh/dp/0735223319</a>