



LifeSolutions Corner

April 2016

End of life care

When my mother had a massive stroke, we were suddenly faced with making decisions about what to do for her. She could no longer tell us, but she had prepared advance directives for our family and her doctors. Knowing that we were following her wishes gave us all some comfort and peace of mind. Now I want to create my own advance directives. LifeSolutions, can you help me get started?

Did you know that 90 percent of people say that talking with their loved ones about end of life care is important, but only 27 percent have actually done so?¹ Kudos to you for deciding to take this step and asking for help. We are here to connect you with that help.

- The Conversation Project (www.theconversationproject.org) "is dedicated to helping people talk about their wishes for end of life care." The website provides a Starter Kit, a guide to help you think through what's important as you consider how you want to live toward the end of your life. It includes suggestions for what to say as you talk with your family. It also provides a workbook for talking with your health care providers about your wishes. And there is a short video of some relatives, real family members, talking with one another about their own wishes for end of life care.
- At www.nhdd.org, you will find additional resources for both talking about and writing down your wishes. Did you know that there's an app for that?
- The LifeSolutions website has forms for advance directives specific to each state that you can print out and complete, as well as suggestions for who should

receive them and information on hospice, palliative care, and caregiving.

- Our counselors can help you "think out loud" as you consider questions about advance directives and prepare to talk with your family.

Call **1-800-647-3327** to schedule an appointment with one of our counselors. You can also find information about end of life issues by logging in to **www.lifesolutionsforyou.com** (call us if you don't know your company code). Click on the purple arrow that says Visit WorkLife Portal and type "end of life" or "advance directives" in the search box.

¹*The Conversation Project, national survey, 2013. http://theconversationproject.org/wp-content/uploads/2013/09/TCP-Survey-Release_FINAL-9-18-13.pdf*

This information is not a substitute for professional care or your organization's policies. If you have or suspect you have an issue related to the material presented here, consult an appropriate professional.

To use our WorkLife Portal, email
or call us for your company code:

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1-800-647-3327 (TTY 1-844-655-2295)
www.lifesolutionsforyou.com

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