

BEFRIENDING THE ENDING, Part 2: ADVANCE CARE PLANNING (187)

Tuesdays, 10:30 – 12:00, (3 Classes, 2/20 thru 3/5) in Room 19

Tuition \$30

Limited to 15

Over three sessions we will discuss the following topics (and any others that concern you) with the goal of crafting a meaningful document/guide for your loved ones:

- Exploring possibilities for end of life within the context of Code Status.
- Exploring and making best use of the POLST form: who can fill it out/under what circumstances? Where to keep my copy of the POLST?
- Let's maximize *Quality of Life*: what are realistic expectations? What's non-negotiable for you? What do you wish that your family would know?
- How do I engineer conversations with loved ones about this topic?
- What about Dementia? Other chronic illnesses?
- What are Hospice and Palliative care? What other resources are available to caregivers?
- Signs that end of life may be near.
- What if I can't talk to my doctor?
- What if my child(ren) want me to go the hospital again but I don't want to?
- When to call 9-1-1.....and when not to.

Lisa Ahbel, RN has recently retired to Sun City Center from Massachusetts. She has years of experience in Hospice and Palliative care, in addition to working with patients in long-term care facilities, in doctor's offices, urgent care clinics and in their own homes. She is passionate about helping people to craft end of life plans which allow them to live their lives fully all the way to the very end, with quality, comfort, and peace. Lisa is an experienced workshop presenter and is also available for individual consultation.