

BEFRIENDING THE ENDING: AN INTRODUCTION TO ADVANCE CARE PLANNING (180)

Tuesdays, 10:30 – 12:00, (2 Classes, 10/17 thru 10/24) in Room 11

Tuition \$20 Limited to 15

This course takes place over two-90-minute sessions.

1. What is a health care proxy, and how to choose the best one for you. Review of the legal and medical documents to have prepared ahead of time. Explore different scenarios in order to discuss and clarify your end of life wishes. Overview of Palliative Care and Hospice. Discussion of issues surrounding dementia, progressive autoimmune diseases, heart failure, COPD, kidney failure, COVID-19, etc.
2. Introduction to and explanation of the FL POLST form (Physician Orders for Life Sustaining Treatment); it is THE key to navigating—and having some control over—hospital encounters at end of life. Should you have a Living Will? Can your Health Care Proxy change your POLST form? You will receive a resource handout with links to guides for family discussions, a list of recommended books and articles. We will discuss questions to ask your loved ones, your doctors, yourselves.

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, in 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.