

ADVANCED DIRECTIVES

“Everything that grows holds in perfection but a little moment”

- William Shakespeare, Sonnet 15

Each of us is faced with decisions about our own dying process. One of these decisions each of us may want to make is to let others--- family members and health care providers---know what kind of care you want to receive when we are seriously ill or dying. These types of written instructions are called *advanced directives*. Anyone over 18 may prepare an *advanced directive*.

One type of *advanced directive* is a *living will* which is a record of the kind of end-of-life care you wish to receive if you can no longer speak for yourself. Your health care providers may help you better understand what type of decisions may need to be made. As a *living will* cannot give guidance for every possible situation you may wish to name someone to make care decisions for you if you are unable to do so yourself. If you choose you may include the name of your designee within your *living will*. You may also choose to prepare a *Power of Attorney for Health Care*.

In addition to the support and guidance you may wish to receive from loved ones, health providers and your religious community, you may find the websites below, which are known to and trusted by the Oak Park Board of Health, to be of assistance to help ensure that your decisions are honored as you near the end of life.

Trusted Links

- Caring Connections (National Hospice and Palliative Care Organization)
www.caringinfo.org 800-658-8898 (toll-free)
- Medline Plus.gov
www.medlineplus.gov go to: Advanced Directives
- National Cancer Institute
www.cancer.gov 800-422-6237 (toll-free)
- National Institute on Aging
www.nia.nih.gov www.nih.gov/Espanol 800-222-2225 (toll-free)
- Oak Park Township Senior Citizen Services
www.oakparktownship.org/seniorservices.html 708-383-8005