

# LANGUAGE OF THE HEART: EMPOWERMENT THROUGH CONVERSATION

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- EVERYONE IS AGING!
- EVERYONE IS A SPIRITUAL BEING!
- EVERYONE WHO LIVES WILL DIE!

## Can You and Your Loved Ones Answer These Questions?

1. On a scale of 1 to 5, where do you fall on this continuum?
- 1 ————— 2 ————— 3 ————— 4 ————— 5
- Let me die in my own bed, without any medical intervention*      *Don't give up on me no matter what, try any proven and unproven intervention possible*
2. If there were a choice, would you prefer to die at home, or in a hospital?
  3. Could a loved one correctly describe how you'd like to be treated in the case of a terminal illness?
  4. Is there someone you trust whom you've appointed to advocate on your behalf when the time is near?
  5. Have you completed any of the following: written a living will, appointed a healthcare power of attorney, or completed an advance directive?

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The One Slide Project

## SPIRITUAL HEALTH ASSESSMENT HEALING THROUGH SELF AWARENESS BASED ON "HEALING THE FOUR DIMENSIONS OF SPIRITUAL PAIN" IN THE CLASSICAL SACRED ART OF LIVING AND DYING TRADITION

MEANING

FORGIVENESS

RELATEDNESS

HOPE

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(to see complete spiritual health assessment tool click on "Programs" tab then click link to view tool)

## ADVANCE HEALTH CARE DIRECTIVES

- Never too soon to prepare  
Don't wait until you're too sick to think clearly or about to go into surgery
- Relieves burden of decision making from the family  
Lets you choose your decision maker
- Gives emergency department personnel guidance if you can't speak for yourself  
Keep copy with you at all times and on your refrigerator

## ADVANCE HEALTH CARE DIRECTIVES WEBSITES

- Caring Conversations  
[www.midbio.org](http://www.midbio.org)
- Five Wishes  
[www.agingwithdignity.org](http://www.agingwithdignity.org)
- Health Literacy: IHA Institute for Healthcare Advancement  
<http://www.iha4health.org>

## ADVANCE HEALTH CARE DIRECTIVES WEBSITES

- The Committee on Jewish Law and Standards (Conservative Jewish)  
<http://www.rabincalassembly.org/docs/medical%20directives.pdf>
  - The Halachic Living Will (Orthodox Jewish)  
<http://www.beliefnet.com/Health/2005/03/Living-Will-Resources.aspx#jewish>
  - Islamic Requirement in a Living Will  
[http://monzer.kahf.com/livingtrust/health\\_power\\_of\\_attorney.pdf](http://monzer.kahf.com/livingtrust/health_power_of_attorney.pdf)
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## POLST

### PHYSICIAN ORDERS FOR LIFE SUSTAINING TREATMENT

- Opens conversation between patient and doctor
  - Recommended for seriously ill patients
  - Travels with patient between facilities
  - POLST forms and more information  
<http://www.capolst.org>
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*Is death something so terrible and absurd that we are better off not thinking or talking about it? . . . Or is it possible to befriend our dying gradually and live open to it, trusting that we have nothing to fear? Is it possible to prepare for our death with the same attentiveness that our parents had in preparing for our birth?*

*Henri J. M. Nouwen  
Our Greatest Gift: A Meditation on Dying and Caring*

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