



Albert G. Hehr, Jr., ESQ.

*Coach/Estate and Long-term Care Issues*

## The Gift of Five Wishes

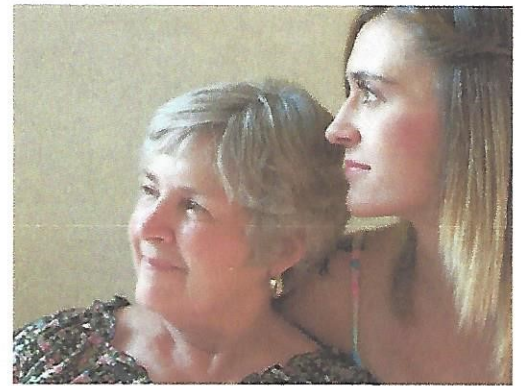
### *You can make a difference for your family and community*

It brings tremendous peace of mind to know that your health care wishes will be respected in the event you can't speak for yourself. Not expressing your wishes could lead to family disagreements. So why have only one in five Americans completed an advance directive or living will?

Many say it's because the subject of illness and dying is a difficult one most people would just rather avoid. Others say it's because many advance care planning documents are written in often confusing medical and legal language and don't cover what's really important to people.

*Five Wishes* is America's most popular living will because it's written in everyday language and helps people express their wishes in areas that matter most—the personal and spiritual in addition to the medical and legal. It's also a blueprint for describing what good care means to you, whether you are seriously ill or not. It helps your caregiver know exactly what you want.

Completing *Five Wishes* is a gift to your family, friends and your doctor because it keeps them out of the difficult position of having to guess what kind of treatment you want or don't want in case you can't speak for yourself. In *Five Wishes*, you clearly state it.



### *Who uses Five Wishes?*

- **Families** use *Five Wishes* because it helps start important conversations that enable adult children to honor their parents' requests. When health care wishes are clearly stated in writing, there is no second-guessing of what is or isn't wanted. Guilty feelings and family disagreements can be avoided.
- **Faith communities** of all traditions use *Five Wishes* because it assists health care providers in respecting your religious beliefs in case you become seriously ill. It also emphasizes the important role of faith communities during times of serious illness, thus affirming the God-given human dignity of all.
- **Medical providers and facilities** use *Five Wishes* because it sends a powerful message about the importance of patient-centered care.
- **Hospice organizations** use *Five Wishes* because it allows those nearing the end of their lives to clearly state how they want to be treated, how their pain is to be managed and what their family members and others are to know.
- **Companies** use *Five Wishes* as an affordable employee benefit that helps reduce employee absence and turnover due to family caregiving obligations.

### *Five Wishes My wish for...*

1. The person I want to make care decisions for me when I can't
2. The kind of medical treatment I want or don't want
3. How comfortable I want to be
4. How I want people to treat me
5. What I want my loved ones to know

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