

## HANDOUT 1: Roadmap for where we've been and where we are going

Session 1: Death Cleaning	Sessions 2&3: Advance Directives	Session 4: A Plan for Decline	Session 5&6: A Plan for the Final Exit
Cleaning out house Clothes, books, papers	Five Wishes	Physical decline <ul style="list-style-type: none"> <li>• Neuropathy</li> <li>• Hearing</li> <li>• Balance issues</li> <li>• Sight</li> </ul>	Ted Talk on four ways of dying - Peter Saul  Aid in Dying w/ Dementia vs terminal illness See S. Flanders book
God Forbid List	Compassionate Choices	Cognitive decline <ul style="list-style-type: none"> <li>• Normal aging of the brain</li> <li>• Mild cognitive impairment (MCI)</li> <li>• Dementia</li> </ul> Screening for dementia  Research on dementia/ Alzheimer's	VSED - the video <a href="https://www.youtube.com/watch?v=atMvREPUgC8">https://www.youtube.com/watch?v=atMvREPUgC8</a>
Trust/will	Dementia directive <ul style="list-style-type: none"> <li>• Specify what you want if you have dementia</li> </ul> Directive for palliative sedation	Living & care options	Drugs – the Peaceful Pill Handbook
	Supplement to Advance Directive (POLST, MOLST, and DNR)	Transitions  Decision to move out of our home	Nitrogen
	Letter to family*/write an obituary		