

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"> • Neuropathy • Hearing • Balance issues • Sight 	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"> • Normal aging of the brain • Mild cognitive impairment (MCI) • Dementia Screening for dementia Research on dementia/ Alzheimer's	VSED - the video https://www.youtube.com/watch?v=atMvREPUGC8
Trust/will	Dementia directive <ul style="list-style-type: none"> • Specify what you want if you have dementia 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		