



Flying Solo, Not Alone: *Healthcare Concerns (Session IV)*

By Phyllis Kimmel

The fourth session of DCV's *Flying Solo, Not Alone* program, held on August 31, was jam-packed with information on both Village resources and a primer on legal issues related to healthcare concerns. The program, developed by **Arlene Lutenegger** and **Abigail Wiebenson** with significant input from the Health and Wellness Committee, addresses the growing need of solo agers.

Eva M Lucero, DCV's Executive Director, reminded participants of the robust case management services that the Village provides its members. DCV's case management team includes a social worker, **Meaghan McMahon**, who expertly directs Villagers to needed resources, and a health care navigator, **Lee Reed**, who is a registered nurse. Care Groups are available to Members who need concentrated assistance, for example, while recovering from an injury or upon discharge from the hospital. DCV's Deputy Director, **Kloe Lloyd**, summarized the volunteer services available generally to Villagers. DCV's health care navigator, Lee Reed, spoke to the group about her approach of person-directed care, and shared important tips about communicating with your pharmacist to be on the lookout for potential medication interactions.

Next, **Jeffrey Gordon**, a lawyer with Tobin, O'Connor & Concino, provided clarity around different powers of attorney and the various legal documents related to one's health. He categorized the core legal documents: (1) a living will/advance healthcare directive; (2) HIPPA form (which the patient signs to give permission for doctors to discuss medical information with others); (3) a durable medical power of attorney, which only takes effect if you are incapacitated; (4) a durable financial power of attorney; and (5) a last will and testament. He emphasized that in the worst-case scenario, if you do not have a power of attorney in place, the court will appoint one. In this case, a stranger would be making decisions on your behalf while you are incapacitated. Jeffrey recounted real-life situations where he was called upon by a court to serve in that role. There was a robust question and answer session and some shared difficulties they faced with banks not accepting certain forms. Lee reminded all that DCV Staff cannot be your power of attorney.

The fifth session of *Flying Solo* on end-of-life planning will take place on October 5, and the final wrap-up sessions will be November 2.