

# Advance Care Planning - End of Life Decisions - Life after Caregiving

## Honoring Choices Minnesota

Honoring Choices Minnesota is focused on helping every adult Minnesotan understand what Advance Care Planning is, and working with health care providers to make sure they offer assistance to all patients, and will honor your choices.

[Honoring Choices](#)

Start developing an Advance Care Directive for yourself and for a loved one with dementia. [How to Start](#)

## Compassion & Choices – Dementia Tools

The [Dementia Values & Priorities Tool](#) helps patients consider and identify their personal values and care wishes. They will be able to provide clear cut instructions to their loved ones, outlining their intentions through a personalized care plan.

A Compassion & Choices exclusive, the Dementia Provision adds language to an advance directive advising physicians and family of your wishes should you be unable to direct your care due to Alzheimer’s disease or other forms of dementia.

[Download and print your own Dementia Provision.](#)

## Ellen Goodman Talks about End of Life and Dementia

Ellen Goodman and her mother spoke about everything except one thing: how her mother wanted to live at the end of her life. Watch this moving video where Ellen shares her personal experience of caring for her mom who had dementia.

“I didn’t know how important it was to have these conversations early...”

[Conversation Project](#)

## Conversation Starter Kits for Healthcare Directives

**Conversation Starter Kit for Families and Loved Ones of People with Alzheimer's Disease or Other Forms of Dementia**

[Dementia Family Starter Kit](#)

**Your Conversation Starter Kit**

[Conversation Starter Kit](#)

**Who Will Speak for You? How to choose and be a Health Care Proxy**

[Health Care Proxy](#)

## Go Wish cards

Go Wish cards is a simple tool to help anyone articulate their end-of-life wishes enabling easy, trusting, "what do I want" discussions at any stage of life. Working together, we help you overcome this tough, but most necessary conversation -- making it simple for you to make sure that your families, professionals and caretakers honor your wishes and help you embrace the life you want.

Play the [Go Wish On-line Interactive Version](#) for FREE

## The Role of Palliative Care in a COVID-19 Pandemic

**Palliative Care Strengths Such as Communication, Advance Care Planning, and Symptom Management, Needed Now More Than Ever**

Blog post by the Executive Director of the California State University Shiley Institute for Palliative Care.

[Palliative Care and COVID-19](#)

## POLST (Physician/Provider Orders for Life-Sustaining Treatment)

**Minnesota POLST and COVID 19**

Basic discussion about the value of a POLST during the pandemic.

[MN POLST and COVID-19](#)

**POLST Basics - An Overview of Important Treatment Decisions**

This video is an overview of the Indiana POLST form, which is very similar in content to the Minnesota POLST form. Patients and families are encouraged to watch this video to understand the basics of the POLST form. The video is designed for people

with advanced illness or frailty and their family members. It provides an overview of important treatment decisions in order to prepare a patient for a for POST (Physician Orders for Scope of Treatment) discussion with his or her medical provider.

[POLST Basics](#)

### **POLST (Provider Orders for Life-Sustaining Treatment)**

Link to Minnesota POLST form

[MN POLST Form](#)

### **POLST Minnesota: Information for Patients and Family Members**

[MN POLST Info for Patients and Families](#)

### **POLST Fundamentals**

Overview and links to information about the POLST and its use.

[National POLST program overview and links](#)

### **POLST Minnesota: Frequently Asked Questions**

[MN POLST Frequently Asked Questions](#)

## **What is an End-of-Life Doula?**

Also known as a death doula or death midwife, end-of-life doulas provide care and support to those transitioning through the dying process. For the dying patient, they may provide emotional, physical, and spiritual support and help address the patient's wants and needs during the final days of life. They may also assist with logistical tasks, not limited to creating a death plan, planning a memorial service, and organizing a legacy project for future generations. An end-of-life doula may also offer support for family members during their loved one's dying process and offer grief support afterwards.

[End with Care](#)

## **Minnesota Death Collaborative**

The Minnesota Death Collaborative is your resource for bridging the gap from life to death, for navigating the journey, and for reconnecting to the natural aspects of death. They also have useful resources to help cope with end-of-life decisions during the pandemic.

[Minnesota Death Collaborative](#)

[MN Death Collaborative COVID-19 Resources](#)

### [End-of-Life Doula Hotline](#)

#### **1-888-351-8999 Free & Confidential**

COVID-19 has put issues of life and death front and center in our lives, leaving many shocked and struggling. The Minnesota Death Collaborative launched this hotline to connect you with experienced, trained end-of-life doulas who can listen compassionately and equip you with resources.

Call if you are:

- Feeling anxious about a sick or dying loved one
- Worrying about completing important end of life plans
- Supporting a loved one facing serious illness or death in a home, hospital or facility
- Wanting to honor and celebrate the life of a loved one who has died
- Struggling with feelings of grief over the loss of a loved one

### **Brain Support Network – Brain Donation**

Arrange to donate your brain or a loved one's brain in order to obtain a confirmed diagnosis (from an autopsy report), and to support research into the causes, treatments, and cures for neurodegenerative disorders.

The Brain Support Network helps you arrange for a brain donation even if you are not enrolled in a current research study. Today, brain banks focused on neurodegenerative diseases are interested in brain donation from persons with diagnoses such as Lewy Body Dementia, Progressive Supranuclear Palsy, Multiple System Atrophy, Corticobasal Degeneration, Parkinson's Disease, Frontotemporal Dementia, etc.

See the Brain Support Network [FAQ](#) for more about eligibility.

**Whether you are planning in advance or thinking about this when the end of life may be days away, thank you for considering brain donation!**

[Brain Support Network](#)

## **Former Dementia Caregiver Re-Entry Group**

Find the “New” you after caregiving. In an informal setting, share with others who have had a similar journey. This is an opportunity to move past the grief and loss to reclaim “you”, and create a meaningful life beyond your caregiver role. Experienced facilitators will coordinate and offer referrals and resources as needed. Interested people can join the virtual Zoom meeting via computer or telephone.

Contact Warren Wolfe at 612-791-5316 or email [warren.wolfe11@gmail.com](mailto:warren.wolfe11@gmail.com).

## **St. Anthony Park Bereavement Support Group**

When: First Thursday of every month

Time: 10-11:30 AM

Where: Online through Zoom!

Email Pastor Victoria Wilgocki at [pastor@sapucc.org](mailto:pastor@sapucc.org) for the Bereavement Support Group link. Sponsored by: SAP United Church of Christ, SAP Lutheran Church, St. Matthew’s Episcopal Church, Peace Lutheran Church and St. Anthony Park Area Seniors. No obligation.

## **FamilyMeans – The Center for Grief & Loss**

The Center for Grief & Loss offers specialized therapy for complicated grief, trauma and life transitions. All of our staff are clinically trained mental health therapists, which allows us to competently work with a variety of concerns for which individuals and families seek mental health care. Our staff is particularly passionate about and experienced in helping individuals and families experiencing healing and growth from grief and trauma.

**The Center for Grief & Loss provides services specific to loss and trauma:**

- Individual, couple, and family therapy for all ages.
- Support groups
- Consultation and critical incident response to businesses, schools and organizations in the aftermath of a sudden death or traumatic experience.
- Clinical supervision, professional workshops and training.

Contact FamilyMeans Center for Grief & Loss at 651-641-0177.

[Center for Grief & Loss](#)