

# 2022 Forum on Aging in Rural Oregon



## Presents

*Oregon Advance Directive: Estate Planning for the Heart*

Speakers:

Rod Harwood, M.Div., MA, QMHP-C | Greater Oregon Behavioral Health, Inc.



OPAL Program  
(Oregon Psychiatric Access Line)  
OPAL-K for kids and OPAL-A for adults



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- Presentation slides will be posted shortly after the session at:  
<https://www.ohsu.edu/oregon-office-of-rural-health/forum-aging-rural-oregon>.
- If you'd like CEU credits for this session, please complete the survey that you will receive at the end of Forum, as well as the survey that will come to you in the app at the close of the session.

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1. Download the **Whova App**:  
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# Oregon Advance Directive:

## Estate Planning for the Heart

Rod Harwood, M.Div., MA, QMHP-C  
Greater Oregon Behavioral Health, Inc.



# Oregon's Older Adult Behavioral Health Initiative (OABHI)

- **Why:** Older adults and persons with disabilities face unique barriers to having their needs met.
- **What:** We are here to help improve the quality of life and systems of care for older adults and people with disabilities.
- **Who:** 24 specialists that work throughout Oregon's 36 counties serving older adults in gaining better access to necessary behavioral health services.
- **How:** Specialist conduct community education, workforce development trainings and complex consultations. We help engage and encourage collaboration with other agencies to improve outcomes for older adults.

*For more info visit: [oregonbhi.org](http://oregonbhi.org)*



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BUILDING PARTNERSHIPS FOR  
OLDER ADULT BEHAVIORAL HEALTH

## Oregon Advance Directive: Estate Planning for the Heart

The advance directive should be an essential part of every person's health care plan.

- It is a legal document with instructions that apply if an adult is not able to make decisions about their own health care.
- They are meant to ensure that a person's values related to dying, quality of life, and other relevant considerations are honored.
- This training will help the participant have a basic understanding of what the Oregon Advanced Directive is and consider the importance of having conversations with friends and/or family and their physician so their personal wishes can be observed at the end of life.

# What We Will Cover Today

- What is an Advance Directive and why is it important?
- How do I talk to my family and friends about this?
- How do I choose someone to make these decisions?
- How to Fill Out Oregon's Advance Directive Form



# Self-care

- This topic may bring up feelings for you. Please feel free to take a moment if needed.



# What is an Advance Directive?

- Oregon's Advance Directive is the legal document that allows you to express your wishes for end-of-life care.
- It allows you to choose someone to make health care decisions for you if you can't.

## It is Also

- A gift to your loved ones



# Why is an Advance Directive Important?

- It makes sure your health care wishes are honored
  - Whether those are to take all actions needed OR
  - To take little to no action
- It removes the burden of heart-wrenching decisions from your loved ones
  - When it is time for difficult decisions, your loved ones know what you want.

Why do I need to talk to loved ones about this?



<https://youtu.be/J1roXbhoUVo>

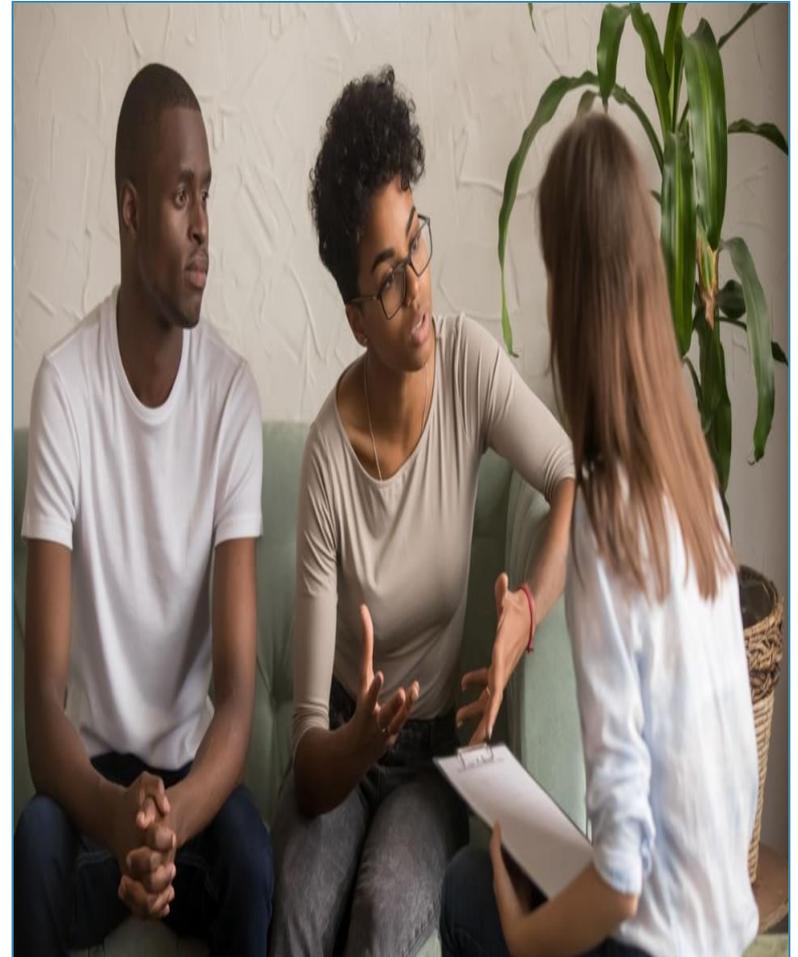
**“6 months** after  
losing a loved one,  
**depression rates**  
are **lower** in families  
**that had the conversation”**

Source: The Conversation Project

# When to have the conversation

“It always seems too soon, until it is too late.”

- **Early**  
Coming of Age – 18 & 21
- **Often**  
Before a Medical Crisis – 30, 40, 50, 60, 70
- **Major Life Event**  
College, Marriage, Children, Divorce, Medicare, Death in the Family
- **Major Trip**
- **Newly Diagnosed with a Serious Illness**



# Think About What Matters to You

For example:

- I want to die at home.
- I want to say goodbye to everyone I love, have one last look at the ocean, listen to some 90's music, and go.
- Having my sheets untucked around my feet!
- Peaceful, pain-free, with nothing left unsaid.
- In the hospital, with excellent nursing care.



# My story: Importance of having conversation



# Video: Practice Makes Perfect



[https://youtu.be/d\\_vbGDoUBzs](https://youtu.be/d_vbGDoUBzs)

# How do I start talking about this?

- I need your help with something...
- Can you and I have a conversation about...
- Remember what happened to \_\_\_\_\_ it made me realize...
- Will you help me make plans for my future?
- I have been answering some questions on the Oregon Advance Directive form about things that matter to me when it comes to my care through the end of life. I'd like to talk to you about it."

# What does a healthcare representative do?



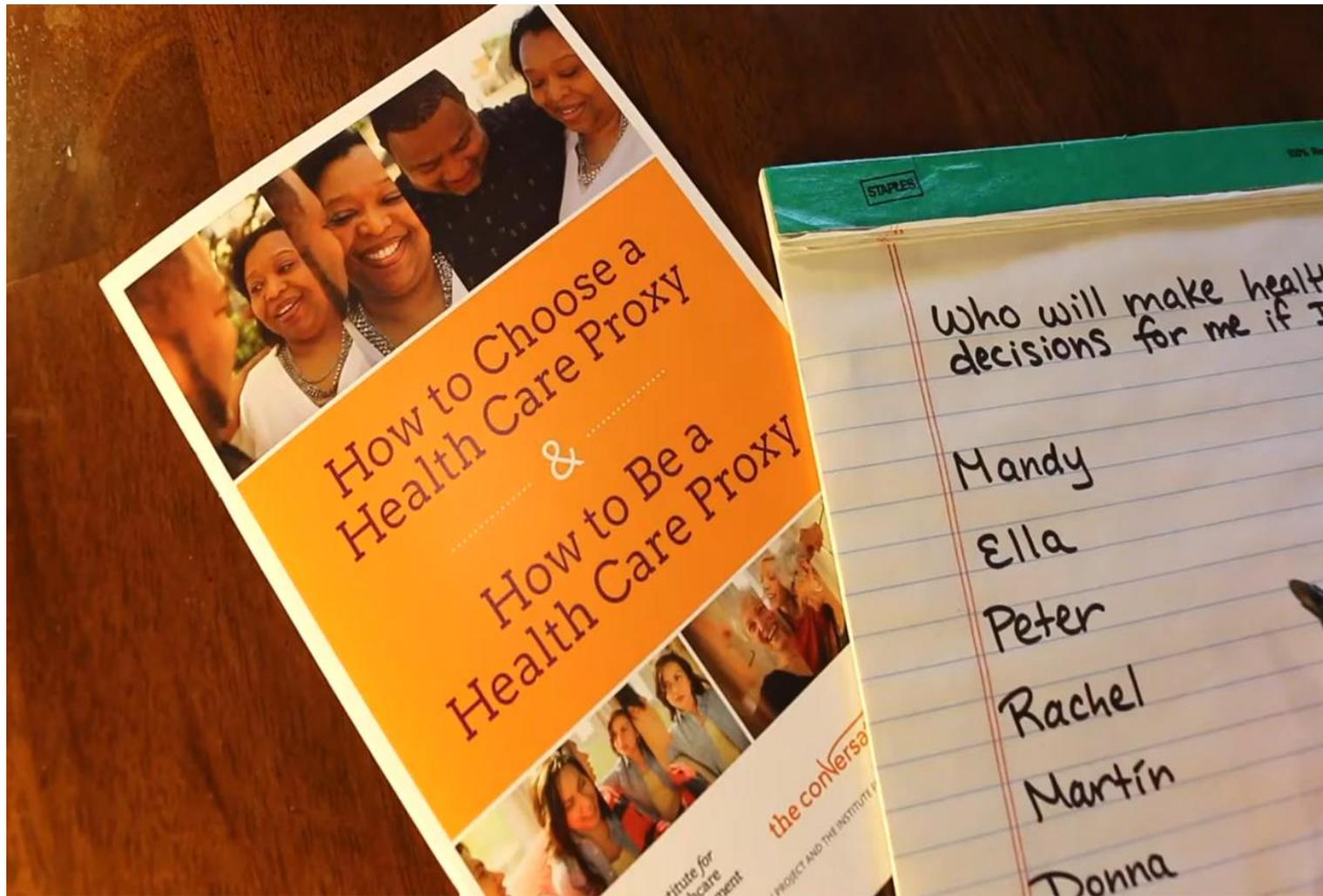
- Knows and respects your healthcare choices.
- Communicates with healthcare providers if you cannot speak for yourself.
  - You are in a coma
  - You are unconscious
  - Advanced stages of Alzheimer's Disease

# Other Things to Keep In Mind

- You do not have to be terminally ill or near death for your Health Care Representative to be able to make decisions for you, but you must be incapable of making your own decisions.

Your healthcare representative cannot act on your behalf if you are able to speak for yourself.

# Video: Who Will Speak For You



<https://youtu.be/oTFyfwWziPM>

# Things to think about when choosing a healthcare representative

- Who would you want to make health care decisions for you if you can't make them for yourself?
- Why would this person be a good choice to make decisions for you?
- Would this person know what medical treatments you do or don't want? If not, schedule a time to talk with this person.
- Would you want to place any limits on the decisions your Health Care Representative can make? If so, what would they be?



# How to Fill Out Oregon's Advance Directive Form

Oregon's Advance Directive Booklet includes sections on:

## **A.** My health care decisions

There are three situations below for you to express your wishes.

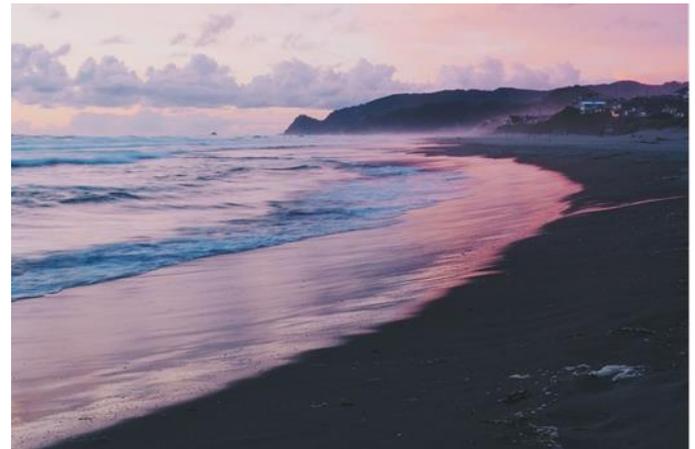
- Terminal condition
- Advanced progressive illness
- Permanently unconscious



## B. What matters most to me and for me

This section only applies when you are in a terminal condition, have an advanced progressive illness or are permanently unconscious.

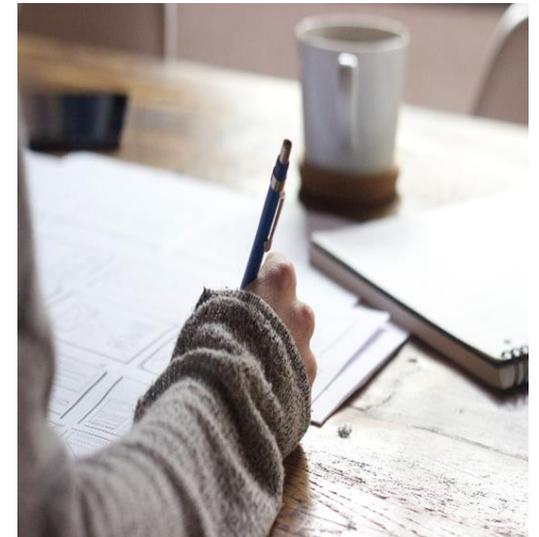
- You can communicate the things that are really important to you and for you.
- This will help your health care representative.



## C. My spiritual beliefs

**Do you have spiritual or religious beliefs you want your health care representative and those taking care of you to know?**

- They can be rituals, sacraments,
- denying blood product transfusions
- and more



# How to Fill Out Oregon's Advance Directive Form

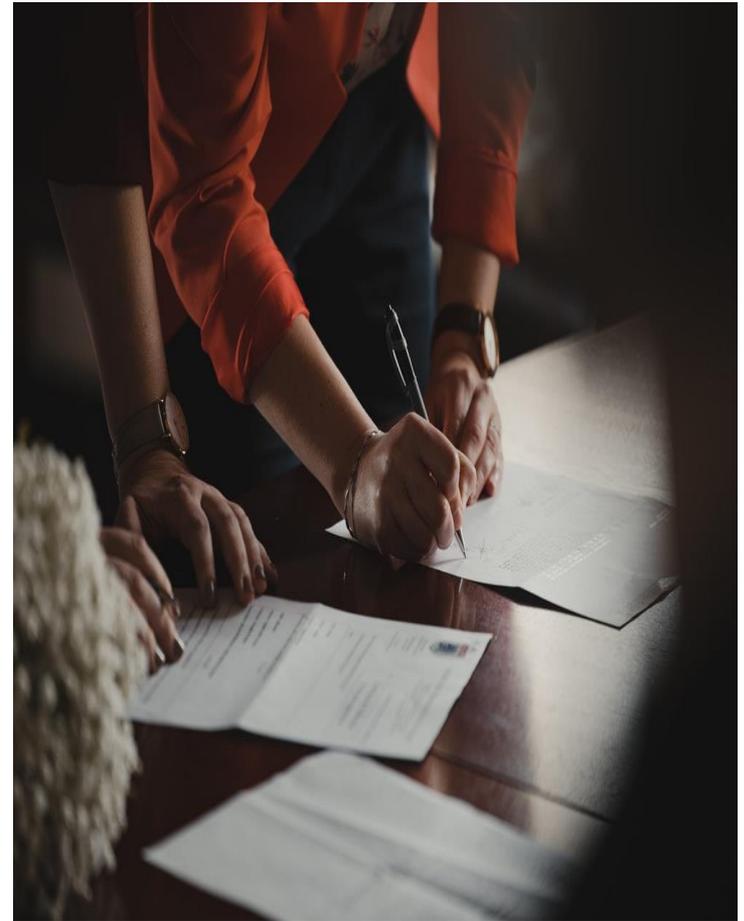
Review your advance directive with your healthcare representative & loved ones



# Steps to Take After Completing the Form

In order to make the form legal you must:

- Sign the form
- Have your healthcare representative sign the form
- Have two witnesses sign the form or Notary



# After the Form is Completed: What to Do Now

- Keep your signed original document where it can be easily found
- Give copies to the important people in your life including your healthcare representative
- Give a copy to your doctor



The Oregon Advance Directive is a legal form to express your wishes and name someone to make health care decisions for you. The Oregon POLST is a medical order that states your medical care plan and what treatments you will be given.

	<b>Advance Directive</b>	<b>POLST</b> (stands for Portable Order for Life Sustaining Treatment)
<b>Who is it for?</b>	All people 18 years and older.	People with a serious illness or who are older and frail and might not want all treatments.
<b>What kind of document is it?</b>	It is a legal document.	It is a medical order.
<b>Who signs it?</b>	You fill it out and sign it. A Notary Public or two witnesses sign it. Also, your health care representative signs it.	Your health care provider fills it out with your input. Then signs it.
<b>Do I need a lawyer?</b>	No.	No.
<b>Who keeps the form?</b>	You keep the original where loved ones can find it. You give a copy to your health care representative and provider.	Your health care provider's office keeps it and enters it into the electronic Oregon POLST Registry. They give you a copy. You can post it at home in a place where it is easy to find, like on the fridge.
<b>Can I change the form if I change my mind?</b>	Yes. You can tear up the old one. Then write a new one where loved ones can find it. You give a copy to your health care representative and provider.	Yes. You can ask for an appointment with your health care provider to change it.
<b>What if there is a medical emergency and I cannot speak for myself?</b>	Your health care representative speaks for you and honors your wishes.	The ambulance staff, hospital staff and health care providers look for the medical orders in the electronic data base and follow them.

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<https://www.oregon.gov/oha/PH/ABOUT/Pages/ADAC-Forms.aspx>

# Thank you for participating

## Contact Information

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## Thank You, Partners!



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