

Whether you are 18 or
80, your **end of life care**
is your **own decision**



A wellness publication prepared for members of
Samaritan Health Plans

OUR MEMBERS. OUR NEIGHBORS.



Samaritan

Health Plan Operations

815 NW Ninth Street, Corvallis

Advance directive:

Allows you to express your wishes for care and life-sustaining treatments if you are unable to speak for yourself.



Your end of life care is your own decision

What if you had a serious accident or illness and could not speak for yourself?

If you were in a coma, what kind of medical care would you want?

Who would you want to make health care decisions for you?

Who do you talk to?

Where do you start?

Give your loved ones the information they need to act on your behalf

Talk with your family about your personal beliefs for end of life care.

- Would you ever want to try medical treatments to help prolong your life?
- Would you ever want to stop medical treatments?
- Would being aware, being pain free or remaining independent play a part in your decisions about your medical care?
- Do you have religious, spiritual or moral beliefs that could play a part in your medical treatment?
- Do concerns about money factor into making decisions about your medical care?
- Would you want to receive fluids through a vein or receive food through a stomach tube?
- If you stopped breathing or your heart stopped beating, would you want to receive Cardiopulmonary Resuscitation (CPR)?
- Would you want to be permanently placed on a breathing machine?
- What would you like done with your body after you die?

TALK WITH YOUR FAMILY



Your health care provider can help answer questions you may have about life-sustaining treatments and your end-of-life care.

Prolonging life

Ask your health care provider what you should know about:

- Cardiopulmonary Resuscitation (CPR) – if you stop breathing and/or your heart stops.
- Comfort measures – such as pain medication and oxygen.
- Feeding tube- A tube into your stomach that gives you food and water if you cannot eat on your own.
- Ventilator – A machine that breathes for you.

Living with Alzheimer's Disease

Ask your health care provider what you should know about Alzheimer's Disease, a type of brain disease described by the loss of nerve cells in the brain.

TALK WITH YOUR PROVIDER

Living with dementia

Ask your health care provider what you should know about dementia, which involves memory, personality and behavior problems caused by changes in the brain.

Hospice care

Ask your health care provider what you should know about hospice care, which focuses on making a person's final days comfortable and providing the family and caregivers with the support they need to care for someone with a terminal illness.

Organ and tissue donation

Ask your health care provider what you should know about donating organs and tissue.

Organs that can be donated are the heart, liver, intestine, pancreas, kidneys and lungs.

Tissues that can be donated include eyes, bone, skin, connective tissues, veins and heart valves.

Why create advance directives?

As long as you can make your own decisions you will remain in control of your own medical care.

Having your end of life decisions in writing will help you plan for the kind of care you want when you are not able to speak for yourself.

Types of advance directives

Living Will

Gives specific instructions about treatment, such as the use of blood transfusions, breathing machines and tube feedings.

Medical power of attorney

Lets you appoint someone to make medical care decisions for you in case you cannot. You can choose a family member, a friend or other trusted person.

Do not resuscitate (DNR) order

This document states that you do not want to be resuscitated if your breathing or your heart stops.

Physician Orders for Life-Sustaining Treatment (POLST) Form

This form has been established for Oregon patients. This form provides orders from your health care provider to be followed by all personnel (including emergency medical technicians). You will need your health care provider to assist you in completing this form.

How to get started

Information about completing a living will, medical power of attorney, do not resuscitate (DNR) order or an Oregon Physician Orders for Life-Sustaining Treatment (POLST) form can be obtained from your health care provider or attorney.

KEEP A RECORD OF YOUR WISHES

Keep a copy of your advance directive for yourself and give others to your family members and health care provider. Update information as needed.

HEALTH CARE PROVIDER:

Name: _____

Address: _____

Phone #: _____

OTHER COPIES:

Name/relationship: _____

Name/relationship: _____

Name/relationship: _____

FOR MORE INFORMATION...



We have compiled a list of local resources that provide a variety of programs, classes and support groups. Some classes and programs may charge a fee. Those fees may be covered by your Samaritan health plan. Check your member handbook or contact your plan for assistance.

Oregon Health Decisions

7451 SW Coho Ct. # 101

Tualatin, OR 97062

503-692-0894

1-800-422-4805

www.oregonhealthdecisions.org

Alzheimer's and Dementia Support Groups

Whether you have Alzheimer's or Dementia, or care for someone who does, we will help you understand these illnesses, and how to cope with them.

541-996-7328

Living Well With Chronic Conditions

Six-week workshop that teaches practical skills for living a healthy life with an ongoing health condition.

Linn/Benton Counties 541-768-6070

Lincoln County 541-265-0465

Lifeline

Lifeline is a personal response services enabling Linn, Benton and Lincoln county residents to continue living in their homes with assurance that they can get help at any time.

541-812-4703 or 1-888-901-2441 Albany

541-768-4703 Corvallis