



## Preparing for Your Assessment

Did you know that most people spend more time planning for a one-week vacation than they do for how they plan to live out the final chapters of their lives? Tom can help you and your family prepare for the many changes that occur in the lives of aging adults, and help you to achieve happy, successful aging.

### Information to Gather:

- Contact Information for Caregivers & Family Members
- A list of doctors and specialists and their contact information.
- A list of primary concerns: physical limitations, mental wellness concerns, medication concerns, struggles with daily living, safety concerns, social/family struggles and concerns, etc.
- A list of Physical and Mental Diagnoses.
- A list of adverse reactions or behaviors to medications.
- A list of dietary restrictions.
- A copy of the patient's living will.
- The date of the patient's last dentist appointment.
- A list of assistive devices used by the patient (walker, canes etc)
- A list of external support systems: Support groups, church groups, social clubs etc.
- Spiritual practices and preferences

### Questions to Consider (The 5 Wishes)

- Who do I want to make care decisions for me when I can't?
  - This would be a legal document designating a health care power of attorney, otherwise known as a health care agent, proxy, surrogate, or representative.
- What kind of medical treatment do I or don't I want?
  - This would be a living will, if you don't currently have one. This is your opportunity to define what life support means to you and to state your wishes for various eventualities.
- How comfortable do I want to be?
  - This addresses matters of comfort. What kind of pain management you would prefer, personal grooming and bathing instructions, and what kinds of facilities you would be open to if necessary within your family's budget.
- How do I want people to treat me?
  - Consider if you'd prefer to be at home or with a loved one. Are you comfortable with people praying at your bedside, or would you prefer some other form of comfort?
- What do I want my loved ones to know?
  - This deals with matters of forgiveness, how you wish to be remembered, and final wishes regarding funeral or memorial plans.