

## Advance Care Planning Resources

### Advance Care Planning Tools:

- **Advanced Directives** – States what your healthcare decisions are while you are alive. It states what medical care wish to receive in case you are not able to communicate it yourself. [https://www.maine.gov/ag/dynld/documents/AHCD\\_Form\\_July20\\_2004.pdf](https://www.maine.gov/ag/dynld/documents/AHCD_Form_July20_2004.pdf)
- **POLST** – Physician Orders for Life Sustaining Treatment. <https://mainehospicecouncil.org/about-us/polst-maine-physician-orders-for-life-sustaining-treatment>
- **DNR** – Do Not Resuscitate <https://www.maine.gov/ems/sites/maine.gov/ems/files/inline-files/EMSDNRDirective.pdf>
- **Will**: Find a Maine attorney to assist in writing a will: <https://mainebar.community.lawyer/>
- **Life File** – List of steps to organize personal, financial, and medical information [Life File Checklist \(deathwithdignity.org\)](https://deathwithdignity.org)

### Recommended Reading:

Crucial Conversations: Tools for Talking When Stakes Are High. Kerry Patterson 2022

On the Brink of Everything: Grace, Gravity and Getting Old. Parker Palmer 2018

A Beginner's Guide to the End. BJ Miller



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