

Make Sure It's Done the Way You Want: Advance Directives

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Lesson Goal:

To provide Nebraskans information about advance directives and why they are important.

Objectives:

Learners will:

- gain a greater understanding of the purpose and use of advance directives as communication tools for end-of-life decision making;
- distinguish between a living will and durable power of attorney for health care; and
- be aware of where to find additional information about advance directives.

Resources to do the Program:

- This leader's guide
- Participant's guide
- Video and 16 PowerPoint® slides available on the Web site communityprograms.unl.edu
- Community lesson evaluation form

Background Resources:

- Brochure, *Living Will and Durable Power of Attorney for Health Care*, Nebraska State Bar Association from the Web site nebar.com/pdfs/public_info/brochures/livingwill.pdf
- Caring Connections Web site caringinfo.org

- Brochure, *Five Wishes*, from Aging with Dignity. Price and contact information in participant's guide.
- Brochure, *Advance Directives in Nebraska*, Nebraska Health and Human Services from the Web site www.hhs.state.ne.us/ags/advdir.htm

Before the Program:

- Read this leader's guide and the participant's guide carefully.
- Select activities to include in the program.
- Locate resources on the Internet.
- Make copies of the evaluation.

Activities:

Use one or more of the following case studies or develop an appropriate activity yourself.

- Role play a hospital scene where multiple family members are discussing the decision to remove life support from a loved one. Ask participants to provide insight into the decisions made by the different players.
- Using a copy of the state-specific Advance Directive for Nebraska, ask participants to draft instructions they would choose for their own end-of-life care.



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- Role play a son or daughter asking a parent about advance directives. Or reverse the situation and role play a parent asking an adult child about advance directives.

During the Program:

Before you begin the program, suggest the following ground rules for discussing advance directives:

- Encourage and respect everyone's participation.
 - Personal examples shared during this program are not to be shared with anyone else.
 - Affirm that having an advance directive is an individual choice.
1. Introduce this program by introducing yourself and sharing your experience with advance directives or by using the introduction in the participant's guide.
 2. Use PowerPoint slides to discuss major points.
 3. Do selected activities.
 4. Point out where additional resources may be found.

After the Program/Evaluation:

Before participants leave, ask them to complete the evaluation and return to you. Please mail all returned copies to Kathy Prochaska-Cue, University of Nebraska–Lincoln, P.O. Box 880236, 135 Mabel Lee Hall, Lincoln NE 68588-0236.