

Advanced Health Care Planning Resources

Consumer's Toolkit for Health Care Advance Planning

The Consumer's Toolkit includes a variety of forms that you can use to clarify and express your values and beliefs about health care treatment to clarify your wishes and communicate them with loved ones and physicians. The forms can be downloaded from the American Bar Association Commission on Law and Aging website at: www.abanet.org/aging/toolkit/home.html

Five Wishes™

Developed by Aging with Dignity, **Five Wishes** has information about health care decisions and a form for making a Health Care Power of Attorney. It also has forms you can use to let your loved ones know what kind of health care you want. For more information, visit Aging with Dignity website at: <https://fivewishes.org> To order **Five Wishes**, call Aging with Dignity at 1-850-681,2010 or email to info@fivewishes.org

Values History Form

Written by Joan Gibson at the Center for Health Law and Ethics at the University of New Mexico School of Law, this form helps to clarify and express your values and beliefs about health care treatment. This information is helpful to those who have to make medical decisions for you. Call the Health Sciences Ethics Program at 505-272-4566 to order **Values History Form**. Or you can download it at <https://hscethics.unm.edu/common/pdf/values-history.pdf>

Websites for Information and Resources

Caring Connections	www.caringinfo.org
Hospice Foundation of America	www.hospicefoundation.org
Maine Hospice Council	www.maineospicecouncil.org
On Our Own Terms (Video)	www.thirteen.org/onourown/terms/tools/index.html

Websites Offering Electronic Storage of Advance Directives

DocuBank	www.docubank.com
U.S. Living Will Registry	www.uslivingwillregistry.com

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