

Useful Tools of Life Planning Course

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This 4-session course is offered at no cost through the Dartmouth Aging Resources Center. Each participant receives a notebook containing all the information and forms covered in this course and is offered as a ZOOM course or an in-person course. This course is designed to provide participants with all the information, tools and forms needed to:

1. Create or modify your Advanced Care Plan for Healthcare that clearly documents your wishes/choices to your healthcare providers in a hospital or care facility if and when you are unable to communicate your wishes yourself.
2. Understand the role of your Health Care Agent and how to select the right person to advocate for you to help ensure your wishes are carried out when you can no longer do that for yourself.
3. Understand and complete the documents/forms needed to ensure that your medical care wishes are carried out under emergencies conditions at home or while traveling.
4. Understand and complete the forms needed to ensure that the people who you want to obtain medical information/updates about your condition from your healthcare providers are able to.
5. Understand the roles and value of both Palliative Care and Hospice Care and the resources/support they each provide.
6. Create/modify and organize a document containing detailed and essential information needed for the person(s) who take care of your administrative (non-medical) affairs either temporarily or permanently.