



## *Advance care planning resources*

### **– AARP Idaho –**

When you were born, your parents spent nine months preparing for your birth. This same kind of planning should be applied at the end-of-life. Thinking and talking about your death is hard, but planning for it can help you live-and-die the way you want.

**PHONE - 1.866.295.7284 WEB - [www.aarp.org/states/id](http://www.aarp.org/states/id)**

### **– A Better Way Coalition, Inc. –**

Non-profit organization dedicated to promoting compassionate care at the end of life. In-depth Web site on end-of-life issues in Idaho for family members and professionals engaged in care at the end of life. Speaker's Bureau and other resources.

**WEB - [www.abetterwaycoalition.org](http://www.abetterwaycoalition.org)**

### **– American Bar Association –**

Consumer's Toolkit for Advance Health Care Planning. "Good advance planning for health care decisions is, in reality, a continuing conversation - about values, priorities, the meaning of one's life, and quality of life. To help you in this process, this tool kit contains a variety of self-help worksheets, suggestions, and resources."

**WEB - [www.abanet.org/aging/toolkit](http://www.abanet.org/aging/toolkit)**

### **– Caring Connections –**

Caring Connections urges everyone, regardless of age, to take the opportunity to discuss end-of-life wishes with family members and put them in writing with advance directives. Caring Connections provides free information and state-specific advance directives to assist you in advance care planning.

**FREE HELP LINE - 1.800.658.8898 FREE SPANISH HELP LINE - 1.877.658.8896**

**WEB - [www.caringinfo.org](http://www.caringinfo.org)**

### **– Five Wishes –**

The Five Wishes document helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It looks at all of a person's needs: medical, personal, emotional and spiritual. Also available in Spanish.

Aging with Dignity. For questions or to place a Five Wishes order:

**PHONE - 1.888.594.7437 WEB - [www.agingwithdignity.org](http://www.agingwithdignity.org)**

### **– Hard Choices for Loving People –**

"CPR, Artificial Feeding, Comfort Care and the Patient with a Life-Threatening Illness," by Hank Dunn. Booklets in English and Spanish. A & A Publishers, Inc.

**PHONE - 1.571.333.0169 WEB - [www.hardchoices.com](http://www.hardchoices.com)**

### **– Idaho Health Care Association –**

Helpful information about Idaho nursing homes and assisted living facilities and continuing education opportunities for health care providers.

**PHONE - 1.208.343.9735 WEB - [www.ihca-net.org](http://www.ihca-net.org)**

30544 Hwy 200. Suite 201. Ponderay, Idaho 83852. **p.** 208.265.8194 **f.** 208.265.4870

**web | [www.pendoreillesurgerycenter.com](http://www.pendoreillesurgerycenter.com)**

**- Idaho Legal Aid -**

A nonprofit Idaho law firm with offices throughout Idaho. Working to seek equal justice for the underprivileged and poor through legal representation, community outreach, and education.

**PHONE - 1.208.345.0106 WEB - [www.idaholegalaid.org/Home/PublicWeb](http://www.idaholegalaid.org/Home/PublicWeb)**

**- Idaho Office of the Attorney General -**

Information about Living Wills, the Idaho Natural Death Act, and POST.

**PHONE - 1.208.334.2400 WEB - [www2.state.id.us/ag/living\\_wills/index.htm](http://www2.state.id.us/ag/living_wills/index.htm)**

**- Idaho Office of the Secretary of State -**

Information about registering your advance directive in the Health Care Directive Registry.

**PHONE - 1.208.332.2814 WEB - [www.sos.idaho.gov](http://www.sos.idaho.gov)**

**- Idaho Pain Initiative -**

Promoting healthcare professional education, patient advocacy and public awareness regarding the problem of pain in our society.

**WEB - [www.Idahopain.org](http://www.Idahopain.org)**

**- Idaho State Bar Association - Volunteer Lawyer Program**

A legal resource for people who cannot afford a lawyer.

**PHONE - 1.208.334.4500 WEB - [www2.state.id.us/isb](http://www2.state.id.us/isb)**

**- Idaho State Hospice and Palliative Care Organization -**

Information about hospice and end-of-life care in Idaho, including registry of member hospice organizations.

**PHONE - 1.208.841.1862 WEB - [www.hospiceidaho.org](http://www.hospiceidaho.org)**

**- National Academy of Elder Law Attorneys -**

A nonprofit association that assists lawyers, bar organizations, and others who work with older clients and their families. Special section on resources for the public.

**WEB - [www.naela.org](http://www.naela.org)**

**- National Elder Law Foundation -**

Information on lawyers who can help with estate planning and advanced care/long-term care planning.

Office Hours 8:00 am - 4:30 pm Mountain Standard Time

**PHONE - 1.520.881.1076 WEB - [www.nelf.org](http://www.nelf.org)**

**- University of Idaho Extension -**

Estate Planning Series: Secure Your Future.

**PHONE - 1.208.377.2107 WEB - [www.extension.uidaho.edu/impacts/Pdf\\_08/36-08bhealy-secure.pdf](http://www.extension.uidaho.edu/impacts/Pdf_08/36-08bhealy-secure.pdf)**