



HELPFUL RESOURCES FOR HEALTH CARE DECISIONS AND PLANNING

Maine

Advance Directives form for Maine and information about them
www.mainelse.org/content/health-care-advance-directives

Facts About Health Care Advance Directives (Maine Hospital Association)
www.themha.org/policy-advocacy/Issues/End-of-Life-Care/Facts-About-Health-CareAdvance-Directives.aspx

Elder Rights Handbook (Legal Services for the Elderly) includes information about a range of legal concerns for older adults in Maine, including health care advance directives.
www.mainelse.org/sites/default/files/pdf/LSERightsHandbook.pdf

All states

Advance Directives forms for different states are available from the National Hospice and Palliative Care Organization [Advance Directive Forms for Each State & Territory - CaringInfo](#)

Legal assistance, Agencies on Aging, and other resources for older adults anywhere in the US, through the Eldercare Locator [Eldercare Locator \(acl.gov\)](#)

Advance Directives and Do Not Resuscitate Orders (American Academy of Family Physicians)
www.familydoctor.org/familydoctor/en/healthcare-management/end-oflife-issues/advance-directives-and-do-not-resuscitate-orders.html

Physician Orders for Life-Sustaining Treatment (POLST) www.polst.org

Understanding Wishes and Making Decisions

The Conversation Project, a public campaign addressing how individuals, families and systems address end of life care, offers a “conversation starter kit” and other resources. [The Conversation Project - Have You Had The Conversation?](#)

Consumer’s Tool Kit for Health Care Advance Planning worksheets and suggestions for selecting a proxy and expressing your wishes and values (American Bar Association) [Tool Kit for Health Care Advance Planning \(americanbar.org\)](#)

Legal and Financial Planning for People with Alzheimer’s Disease, from NIA’s ADEAR Center explains what is needed for advance planning. [Legal and Financial Planning for People with Dementia | National Institute on Aging \(nih.gov\)](#)

Your Life, Your Choices decision-making and planning guidance handbook from the VA. www.elderguru.com/downloads/your_life_your_choices_advance_directives.pdf

Advance Care Planning Tutorial from Gundersen Health Systems, includes overview, and links to a planning guide: [Advance Care Planning | Gundersen Health System](#)

Other Useful Tools for Thinking Ahead and Communicating

Guidebook for the Caregiving Journey includes worksheets for tracking medical needs, managing legal and financial affairs, and comparing care choices. Developed by Partnership for Healthy Aging, downloadable from SMAA’s Family Caregiver Support program resources page: [GuidebookCaregivingJourney.pdf \(smaaa.org\)](#)

The Day After Guide, a guidebook to assist those you leave behind after your death with the process of dealing with your financial affairs, downloadable from SMAA’s Family Caregiver Support program resources page: [Day After Guide \(smaaa.org\)](#)

Beginning Planning worksheets and **What to Do When Your Spouse Dies** worksheets downloadable from [Southern Maine Agency on Aging \(smaaa.org\)](#)

Let’s Talk: Starting the Conversation about Health, Legal, Financial and End-of-Life Issues booklet from the National Association of Agencies on Aging and the Administration on Aging. [Starting the Conversation about Health, Legal, Financial and End of Life Issues \(usaging.org\)](#)