

Advance Care Planning & End of Life Options



Wednesday
1/10/24 • 2:00 PM
Community Room

Lynne Calkins, CRNP (retired) and Founding Director of End of Life Choices California, will present key elements of Advance Care Planning, a process that enables individuals at all stages of life to make plans about their future health care. The concept of value worksheets will be discussed as a way to help people consider what is most important for their life and health care and to be able to talk with family, friends, and medical providers about their wishes. All End of Life Options will be described, choices such as discontinuing or declining medical treatments, palliative care, hospice care, voluntarily stopping eating and drinking (VSED), as well as California's End of Life Option Act (2016), also called Medical Aid in Dying (MAiD).



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