

Caring Advocates®

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INTRODUCTION

MyLastWishes.org Program

MyLastWishes.org Program is a new and effective solution offered by **Caring Advocates** exclusively to its members which will effectively fulfill your end-of-life wishes. It has three-parts:

Part 1 lets you display your most urgent wishes immediately to first responders and clinicians.

Part 2 lets clinicians rapidly retrieve all your clinical and strategic forms.

Part 3 plays short videos of you and your physician, to help convince all to honor your wishes

The **MyLastWishes.org Program** is the final step of the set of "ironclad strategies" to assure that your end-of-life wishes are honored. You can create your account in this Program **AFTER** you have made decisions about your treatment preferences (perhaps by sorting **My Way Cards** that generated your **Natural Dying—Living Will**) and after you discussed your options with your physician and signed other forms to give your **informed consent**. For example, you may want **Natural Dying** and **Palliative Sedation**, someday.

Future clinicians must honor your expressed *Known Wishes*—if you want to **avoid these two great end-of-life fears**:

- Lingering for months to years as you suffer from Advanced Dementia or other terminal illnesses with possibly unrecognized and untreated pain and suffering; and,
- Enduring days to weeks of unending, unbearable pain and suffering before you die.

All strategic forms are designed to overcome potential challenges so your future clinicians **WILL HONOR** your wishes. Adding the **MyLastWishes.org Program** can give you the confidence you need to **avoid adding the tragedy of premature dying** to other tragedies associated with dying. Knowing you can die when you **WANT** relieves you of the need to die when you **CAN**, so you can "maximize pleasure" for the last chapter of your life.

Suppose one of your wishes is to refuse attempts at Cardio-Pulmonary Resuscitation. Emergency medical personnel in most states are trained to honor two instruments. One is a piece of paper called the official pre-hospital DNR, out-of-hospital order DNR, or Physician Orders for Life-Sustaining Treatment, which both you and your physician must sign. *Problem*: this piece of paper may be hard to locate quickly in emergencies. The other instrument is a medallion or bracelet that you wear all the time. *Problem*: bracelets are too small to provide much information beyond the "DNR" (Do Not Resuscitate). While larger medallions can be engraved with a few additional orders, they cannot play videos to help convince all to **HONOR** your wishes. In contrast, the **MyLastWishes.org Program** offers solutions in four areas in addition to the DNR order [1]. They are:

[2] Suppose the time is *before* you would want Natural Dying and that you have a chronic life-threatening illness. Your chance of survival is better if emergency medical personnel and physicians can quickly learn your diagnoses and medications. Such information would permit clinicians to focus, for

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example, on the most likely cause of sudden loss of consciousness.

[3] Patients in the middle stages of Alzheimer's disease risk wandering and getting lost. Those who find them must learn the patient's identity, the family members' address and contact information, and the physician's contact information.

[4] Suppose the time comes that you do want Natural Dying. Your previously recorded video lets you express your reasons *WHY*. Your physician's video verifies you gave your informed consent *to die by medical dehydration*. These two videos can help convince others to HONOR your wishes. Either video can quickly summarize your specific wishes which can be stored and immediately accessed in your **MyLastWishes.org Program** account. One important physician order is: "Do NOT start an I.V." (intravenous hydration). The reason is that extra fluid can prolong the process of dying and increase the risk of more pain and suffering. Yet paramedics have been trained to start an I.V. almost "automatically" and this could inadvertently sabotage your goal to attain a timely, peaceful transition. Thus, paramedics must be alerted NOT to start an I.V.

[5] For your continuing care after an emergency, your future physicians can retrieve all your Advance Directive forms and your signed informed consent forms; such as to receive Palliative Sedation (if no other way can relieve unbearable pain and suffering), and not to receive *Manual Assistance with Oral Feeding and Drinking*. Others may need access to your financial papers and your signed financial power of attorney. The latter may be the kind of document that you decide to label as "Private," when you submit it for storing, to Caring Advocates.

It is important to note that all of your documents can be accessed by anyone if they know your **exact name and Date of Birth**. You could make some or all of these documents private if you wish, but that limits their accessibility in emergencies. However, only you can change information and upload files to your account. To do this, you must enter your email address and your temporary password which will be supplied to you for your initial access; then you can change your password to one you can easily remember, for subsequent access.

How MyLastWishes.org works: You can enter your important information yourself online, or you can call a Caring Advocates staff person who can take your information over the phone and enter it for you. Call 800 64 PEACE (647 3223). You can also send Caring Advocates all the forms you want stored for rapid, future retrieval. You can record your videos yourself, or you can have an interview with one of Caring Advocates' Planning Professionals over the Internet. All you need is a webcam. Caring Advocates can try to locate a physician in your state, to verify that you gave your informed consent.

Once all of your information is uploaded and verified by you, Caring Advocates will mail your personal **MyWCard** with your unique 2-dimensional barcode that has the wording printed that you wanted. This wording can be changed at any time as long as you are an active member of Caring Advocates' **MyLastWishes.org Program**. Your **MyWCard** can be kept in your wallet next to your license and/or insurance card, or you can paste your 2-dimensional barcode to any document, such as your Living Will, on the back of your driver's license, DNR Order or POLST and similar forms. You can put the larger barcodes on the door of your refrigerator, your bedpost, your computer monitor, and your TV if you wish.

In an emergency the **MyLastWishes.org Program** allows first responders immediate access to retrieve and/or email or fax your documents from your personal website such as your DNR and/or POLST forms by using their “smart phones” to scan your unique 2-dimensional barcode. You can view a demonstration of the video, “**MyLastWishes.org**” at this link
http://www.youtube.com/watch?v=nNFHY3e_YA

If you have any further questions regarding the **MyLastWishes.org Program**, please feel free to contact Caring Advocates at any time.

INSTRUCTIONS

Instructions for Creating Your Profile/Uploading documents to the program

- 1) Go to www.MyLastWishes.org: Click on **Login** located on the top of the page in the dark gray area.
- 2) If you have already registered at MyLastWishes.org, enter your email address and password in the box marked **LOGIN HERE**.
- 3) If you have previously registered through the Caring Advocates’ store, you can enter the requested information under the **REGISTER HERE – Caring Advocates login** box. (Make sure that the information imported from your Caring Advocates store login is *correct and completed* on the remainder of the page and then click “**Register**” at the bottom of the page.)
- 4) The box marked **Terms and Conditions of Use Agreement**: This document contains important information regarding the security and privacy of your information, so please read carefully and call with any questions if you wish before you check to “agree.”
- 5) First time users should complete the remaining fields in the boxes marked **Address Details; Additional Contact Details; Verify Your Age** (date of birth); **Create an Access Code** (to be used to access information you mark “private” and **Login Details**. (Caring Advocates may supply you a temporary password if some of your information has already been completed by its staff.) Then click “**Register**” at the bottom of the page.
- 6) You are now on the “**Preview Your Personal Page**”. If you wish, in the **Upload your picture** box, you may upload your picture (or that of the person you are completing this profile for) by browsing your computer files and selecting a photo and then by clicking “**Upload image**”.
- 7) You can choose to **Change Password** at anytime by typing in your old (or temporary “lastwishes”) password and then selecting a password of your choice. Then click “**Change Password**”.
- 8) Complete the **What I want** box to reiterate/clarify your wishes or add additional wishes and instructions. Then click “**Save Statement**”.

Option buttons at the top of the page can be completed as follows:

9) Click on “**Medical Information**” the **Medical Information & Instructions** box will appear, under the **Medical Care Instructions** box select any of the choices listed, you can also type in any additional items you wish, then click “**Submit**”.

10) Next complete the following boxes: **List of Medical Conditions**, **List of Allergies**, and **List Medications** by typing in information you want others to know, especially first responders immediately. Click “**Submit**” after each section is completed.

11) The next option at the top of the page: **Next of Kin/Emergency Contact** allows you to enter the contacts’ name of your choice, their cell phone and email address. *Recommended: List these contacts in the order they appear in your Proxy Directive.*

12) Click the next option at the top of the page: **Documents**. In the **Natural Dying Forms** box you can download any of your Advance Care Planning documents by simply clicking on the “**Name of Document**” drop down list and selecting which document(s) you wish to download (or type in the name of any other documents you wish to add), click on “Browse” select the correct document from your computer files and then click “**Upload Document**”.

13) The next option at the top of the page: **Videos**. You may upload a video (or audio) of your Last Wishes in the **Video** box. Upload your videos or audios (as large as 2GB) by clicking on this link: www.MyLastWishes.org/VideoSecure. Then follow the instructions. Note that two videos — “Try To Save My Life” and “Explaining My Decisions For My Natural Dying—Living Will” — go LIVE automatically. In contrast, the **DNR video** — “Please Honor My Last Wishes Summary Video” (that includes a Planning Professional’s opinion, “His/her Mind was ‘Sound’ to Give Informed Consent” unless this video was recorded separately) — goes to “VideoSecure” by default (they will not be accessible for viewing) these videos are for future use if you are now in good health and wish CPR. Whenever you (or your authorized proxy/agent) wants **MyLastWishes.org Program** to make a **DNR video** LIVE, you must have uploaded or sent us a copy of one of the following:

A) Your Pre-hospital (Out-of-hospital) DNR;

B) Your POLST (Physician Orders for Life-Sustaining Treatment) Paradigm form; or,

C) Your Natural Dying Physician’s Orders. Note: your physician must sign the **NDPO** a second time—TO IMPLEMENT the orders for Natural Dying, since the first time your physician and you sign the Natural Dying Physician’s Orders has the sole purpose of verifying that you gave your consent and the orders on the form were NOT yet actionable.

Sophisticated end users will realize the **MyLastWishes.org Program** uses YouSendIt based on the format and disclosures in the instructions. Files will be forwarded to www.hightail.com/u/drterman from the advertised sub-domain name, which is www.MyLastWishes.org/VideoSecure.

14) Click the final option at the top of the page **MyWCard**. You will now be able to preview what will appear on your personalized **MyWCard** from the selections you made in completing your **MyLastWishes.org Program** profile. You may now choose which item(s) listed under “Your Choices” you

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wish to appear on your **MyWCard** by clicking on the “Add” button. Once you have added the appropriate selections, click “Submit” and your new **MyWCard** will be prepared and mailed to you.

****It is important to note that it is *your* responsibility to keep all of your information up-to-date/current as to any changes (for example, changes in medications, medical conditions, etc). You may access and change/edit any of your information at anytime as long as you are a current member of Caring Advocates. Please see MyLastWishes.org Program *Terms & Conditions of Use Agreement* for more information.)**