

A Living Will for Dementia

A new advance directive for dementia is available to download for free at:

www.dementia-directive.org

Since being featured in the NY Times, it has been downloaded more than 100,000 times, with downloads continuing at a rate of about 2,000 per month.

It provides brief descriptions of the stages of dementia. Under each stage it provides options where you can indicate which medical interventions you'd want at that stage.

The dementia directive is a communication tool. It provides a way to share your views with loved ones, to let them know what you would want in case they have to make medical decisions on your behalf.

Families often face making difficult decisions about their loved ones' care. This directive can help them feel more sure that the decisions they are making are closer to what their loved one would have wanted.

Many of us have clear ideas what medical care we'd want if we developed advanced dementia. This directive can lessen the chances that you might get more medical care – or less medical care - than you would have wanted if you develop dementia.

This topic is on many people's minds. A dementia directive made available to everyone after they turn 60 or 70 can allow people to express their wishes and communicate them to their loved ones and to their doctors.

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To read or listen to more about the directive, the following resources are available online:

New York Times - One Day Your Mind May Fade: Have a Plan. Jan 19, 2018.

JAMA - Advance Directives For Dementia. Gaster, Larson, Curtis. Nov 6, 2017.

NPR - A Living Will For Alzheimer's, radio program from the show "On Point".