

# End-of-life planning with people who have intellectual and developmental disabilities

Prepared by the Center for Developmental Disabilities Evaluation and Research (CDDER) on behalf of the Massachusetts Department of Developmental Services (DDS)



















# FIVE WISHES<sup>®</sup>

## MY WISH FOR:

The Person I Want to Make Care<sup>1</sup> Decisions for Me When I Can't

The Kind of Medical Treatment<sup>2</sup> I Want or Don't Want

How Comfortable I Want to Be<sup>3</sup>

How I Want People to Treat Me<sup>4</sup>

What I Want My Loved Ones to Know<sup>5</sup>

print your name

birthdate



Imagine your future



Talk with people who care

# Why is Five Wishes so important?

Legal Document

**FAMILY**

**FRIENDS**

**MEDICAL  
STAFF**

**How you want to be treated at the end of your life**



# Beyond Medical Care

**Emotional  
and Social  
Issues**

**As important  
as the  
medical  
decisions**

**Beliefs  
and  
Religion**

# FIVE WISHES<sup>®</sup>

## MY WISH FOR:

The Person I Want to Make Care Decisions for Me When I Can't

The Kind of Medical Treatment I Want or Don't Want

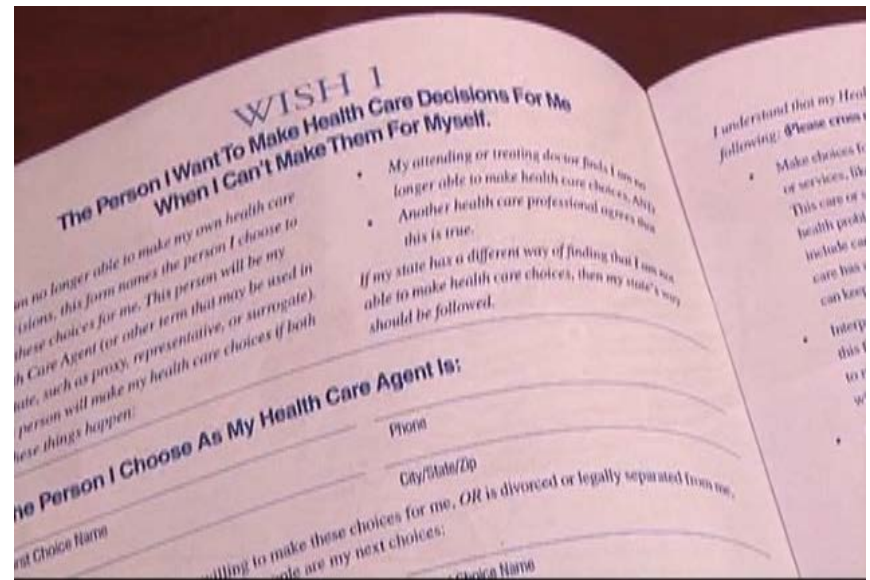
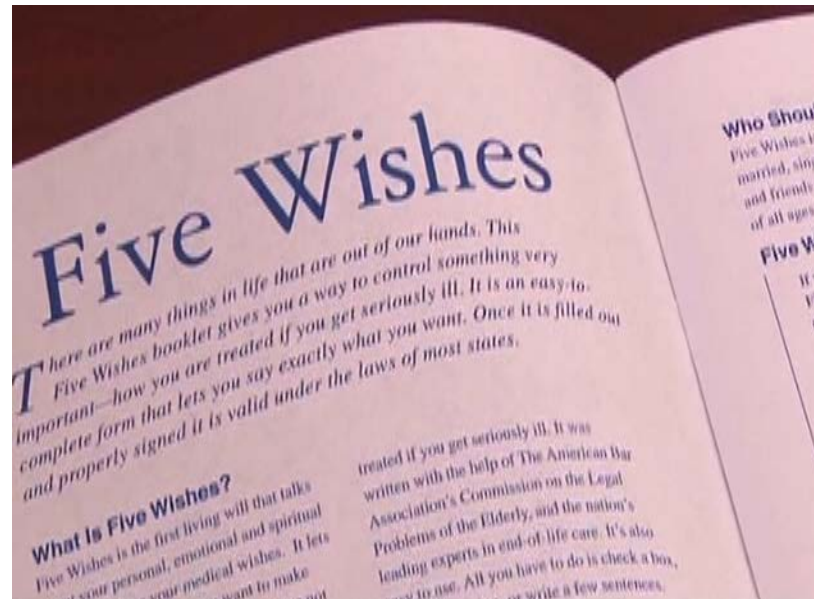
How Comfortable I Want to Be

How I Want People to Treat Me

What I Want My Loved Ones to Know

print your name

birthdate



# Wish 1

Choose  
someone  
you trust

Who can make decisions  
for you when you can't  
make them yourself?

At least 18  
years old

Can name  
more than  
one person

Can't be your  
nurse or doctor



# Wish 2

Medical  
treatment

What kind of  
medical  
treatment would  
you like?

Pain  
management

Life sustaining  
treatment



# Wish 3

**What should  
people do to  
keep you  
comfortable?**

**Hospice or  
comfort care**

**Music or cool cloths**





**Emotional  
support**

## Wish 4



**How do you  
want people to  
treat you?**



# Wish 5

Tell others  
how you  
feel

How do you  
want to be  
remembered?

Love and  
forgiveness

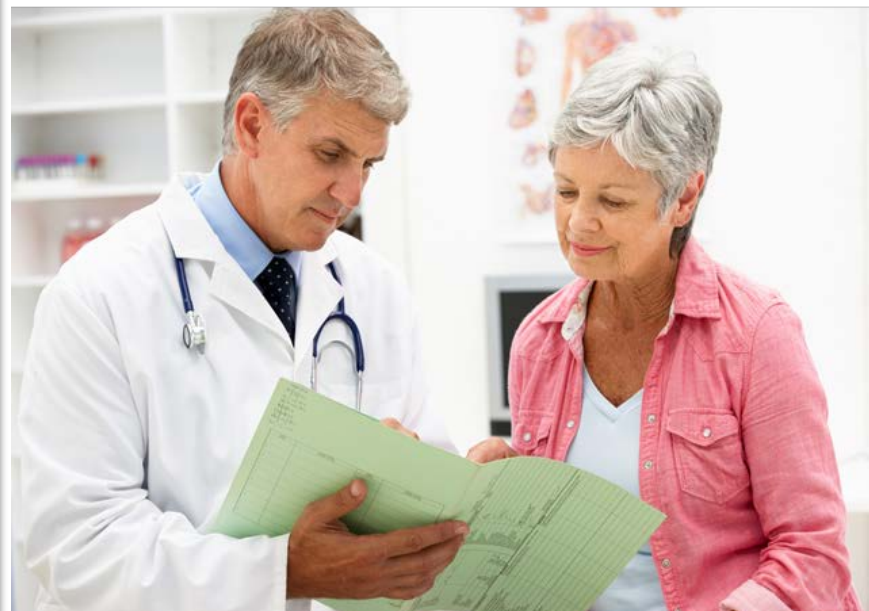
Funeral



# NEXT STEPS

DISCUSSING AND COPING WITH SERIOUS ILLNESS

- How to Talk with Loved Ones About *Five Wishes*
- How to Talk with Doc
- How to Be by the Bedside
- Answers to Questions About *Five Wishes*



***There are some things I really want  
people to know***



# Considerations for Caregivers

- \* Discuss as much as the person is able.
- \* Put yourself in their shoes.
- \* Can include others in the conversation, but always involve the person as much as possible.
- \* Contact your DDS Area Office Nurse for more assistance.



# Start Talking

- \* Are you interested in having this conversation with important people in your life?
- \* Contact the DDS area office nurse to get a free copy of Five Wishes.
- \* And then start talking!



# Resources

- \* DDS Area Office Nurses
- \* Aging with Dignity <https://agingwithdignity.org/>
- \* DDS aging resources:

[www.mass.gov/eohhs/gov/departments/dds/aging-with-id.html](http://www.mass.gov/eohhs/gov/departments/dds/aging-with-id.html)

[http://shriver.umassmed.edu/cdder/aging\\_idd\\_education](http://shriver.umassmed.edu/cdder/aging_idd_education)



**Training produced by:  
The Center for Developmental Disabilities  
Evaluation and Research (CDDER)**

**on behalf of**

**The Massachusetts Department of  
Developmental Services (DDS)**

**[cdder@umassmed.edu](mailto:cdder@umassmed.edu)**

