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®

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
Imagine your future

Talk with people who care
Why is Five Wishes so important?

Legal Document

FAMILY

MEDICAL

STAFF

FRIENDS

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

There are many things in life that are out of our hands. This Five Wishes booklet gives you a way to control something very important—how you are treated if you get seriously ill. It is an easy-to-complete form that lets you say exactly what you want. Once it is filled out and properly signed it is valid under the laws of most states.

What Is Five Wishes?
Five Wishes is the first living will that talks about personal, emotional and spiritual wishes. It lets you say how you want to be treated if you get seriously ill. It was written with the help of The American Bar Association’s Commission on the Legal Problems of the Elderly, and the nation’s leading experts in end-of-life care. It’s also used in health care facilities across the country.

WISH 1

The Person I Want To Make Health Care Decisions For Me
When I Can’t Make Them For Myself.

The Person I Choose As My Health Care Agent Is:


Phone

City/State/Zip

Phone

City/State/Zip

I understand that my health care choices are:

Make choices for me, OR is divorced or legally separated from me, OR is unable to make health care choices, then my next choice should be followed.

If my state has a different way of finding that I am unable to make health care choices, then my next choice should be followed.

List of Next Choices:

No, I am still able to make health care choices.
Wish 1

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

Choose someone you trust

At least 18 years old

Can name more than one person

Can’t be your nurse or doctor
Wish 2

What kind of medical treatment would you like?

Medical treatment

Life sustaining treatment

Pain management
Wish 3

What should people do to keep you comfortable?

Hospice or comfort care

Music or cool cloths
Wish 4

Emotional support

How do you want people to treat you?
Wish 5

How do you want to be remembered?

Tell others how you feel

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:
  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