

Act Now:

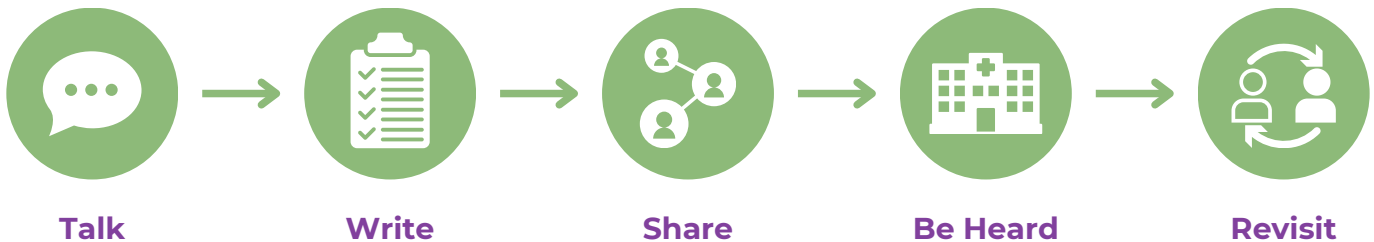


Plan Ahead for Dementia Care

Don't wait to talk about your end-of-life care. Planning early brings peace of mind, gives you control over your future, and eases the burden on those you love.

What is advance care planning?

Advance care planning is a process for sharing your preferences regarding the care you would want if you get very sick and cannot make choices for yourself.



Why is this important?

If you have dementia, making a care plan helps you stay involved in decisions about your future.

If you are a caregiver, your voice matters too. Learn what matters most to the person you care for so you can support them as they navigate their journey with dementia.

And don't forget to make a plan for yourself! It helps you take care of yourself, brings peace of mind, and keeps things running smoothly if you face an emergency or are temporarily unable to provide care.

What are the benefits of advance care planning?



Helps ensure your care aligns with your wishes



Promotes open conversations about end-of-life care



Simplifies decision-making for loved ones



Remember...

- In California, you can register your advance health care directive* with the state. This ensures your medical team can access your directive in the registry, especially during emergencies.
- If you developed an advance health care directive plan in another state, check if your current form is valid in California.
- You should revisit your advance health care directive often, especially after big life changes.



Advance Care Planning: Understanding Key Legal Terms

Term		What It Means
Advance Health Care Directive*		<ul style="list-style-type: none">• Outlines instructions about what kind of medical care you want if you get very sick and can't decide for yourself.• In California, this document includes both a living will and a durable power of attorney for medical care.
Durable Power of Attorney for Medical Care		<ul style="list-style-type: none">• Lets you choose someone to make decisions about your health if you are unable to speak for yourself.
Living Will		<ul style="list-style-type: none">• States the kind of care and treatment you would and would not want to be used to keep you alive, such as the use of CPR, ventilators, or feeding tubes.
Living Trust		<ul style="list-style-type: none">• Lets you name and instruct a person, called a trustee, to hold and distribute your property and funds when you are no longer able to manage your own affairs or pass away.
Probate		<ul style="list-style-type: none">• A public legal process that happens after you pass away to review your will, pay debts, and distribute property.• A living trust may help you avoid this process for certain assets.

Advance Care Planning Resources



Legal and Financial Planning Help in Los Angeles County

Bet Tzedek Legal Services

3250 Wilshire Blvd., 13th Floor
Los Angeles, CA 90010

(323) 939-0506
 www.bettzedek.org

Neighborhood Legal Services Los Angeles (NLSLA)

1200 N State St., Los Angeles, CA, 90012 (The Wellness Center)

Legal Assistance: (800) 433-6251
 www.nlsla.org

H.E.L.P. Health Care & Elder Law Programs

23001 Hawthorne Blvd., Suite 203
Torrance, CA 90505

(310) 533-1996
 www.help4srs.org

Office of the Public Guardian - Conservatorships

(213) 974-0515
 www.dmh.lacounty.gov/our-services/public-guardian/

Legal Aid Foundation of Los Angeles

1550 W. 8th St.,
Los Angeles, CA 90017

(800) 399-4529
 www.lafla.org

SmartLaw Lawyer Referral Services - Los Angeles County Bar Association

(213) 243-1525
 Text: (213) 243-1525
 www.smartlaw.org



Helpful Guides & Additional Support

Advance Care Planning and Health Care Decisions

Provides information on how to get started with advance care planning.

www.bit.ly/NIHACP

www.bit.ly/NIHACPGuide

PREPARE

Provides information on how to help you start the process in documenting your medical care wishes.

www.bit.ly/4oWBFu5

Clarity

Designed to help you make financial and legal plans for your future care.

www.bit.ly/acpclarity

The Conversation Project

A guide to help you have conversations with the important people in your life about your or their end-of-life wishes.

www.bit.ly/theconversproject

www.bit.ly/3zBcgSC

CaringInfo

Provides information about advance directives and caregiving.

www.bit.ly/4adB2b0

Register your Advance Care Directive

California Secretary of State:
Advance Health Care Directive Registry
Registration Form: www.bit.ly/3Bwt3qi

www.bit.ly/3TYTwTO



Learn more about dementia & brain health:



@ChooseHealthLA #HealthyBrainLA
www.bit.ly/hbla



HBLA
Healthy Brain LA

Made possible with funding from Centers for Disease Control and Prevention (No. NU58DP006920)

Los Angeles County Department of Public Health | 3