

WHAT IF I HAD DEMENTIA

Planning for the Future

Stage 1 – Mild Dementia

People may often lose ability to remember recent events in their lives.

Routine tasks become difficult (such as cooking.) Some tasks can become more dangerous (such as driving.)

If you were to be at this stage of dementia what level of medical care would you want for yourself?

Select one of the 4 main goals of care listed below to express your wishes. Choose the goal of care that describes what you would want at this stage.

If I had mild dementia, then I would want the goal for my care to be:

To live for as long as I could. I would want full efforts to prolong my life, including efforts to restart my heart if it stops beating.

To receive treatments to prolong my life, but if my heart stops beating or I can't breathe on my own then do not shock my heart to restart it (DNR) and do not place me on a breathing machine. Instead, if either of these happens, allow me to die peacefully. Reason way: if I took such a sudden turn for the worse then my dementia would likely be worse if I survived, and this would not be an acceptable quality of life for me.

To only receive care in the place where I am living. I would not want to go to the hospital even if I were very ill, and I would not want to be resuscitated (DNR). If a treatment, such as antibiotics, might keep me alive longer and could be given in the place where I was living, then I would want such care. But if I continued to get worse, I would not want to go to an emergency room or a hospital. Instead, I would want to be allowed to die peacefully. Reason why: I would not want the possible risks and trauma which can come from being in the hospital.

To receive comfort-oriented care only, focused on relieving my suffering such as pain, anxiety, or breathlessness. I would not want any care that would keep me alive longer.

Stage 2 – Moderate Dementia

People lose the ability to have conversations, and communication becomes very limited.

People lose the ability to understand what is going on around them.

People require daily full-time assistance with dressing and sometimes toileting.

If you are at this stage of dementia what level of medical care would you want?

Select one of the 4 main goals of care listed below to express your wishes. Choose the goal of care that describes what you would want at this stage.

If I had **moderate dementia**, then I would want the goal for my care to be:

To live for as long as I could. I would want full efforts to prolong my life, including efforts to restart my heart if it stops beating.

To receive treatments to prolong my life, but if my heart stops beating or I can't breathe on my own then do not shock my heart to restart it (DNR) and do not place me on a breathing machine. Instead, if either of these happens, allow me to die peacefully. Reason why: if I took such a sudden turn for the worse then my dementia would likely be worse if I survived, and this would not be an acceptable quality of life for me.

To only receive care in the place where I am living. I would not want to go to the hospital even if I were very ill, and I would not want to be resuscitated (DNR). If a treatment, such as antibiotics, might keep me alive longer and could be given in the place where I was living, then I would want such care. But if I continued to get worse, I would not want to go to an emergency room or a hospital. Instead, I would want to be allowed to die peacefully. Reason why: I would not want the possible risks and trauma which can come from being in the hospital.

To receive comfort-oriented care only, focused on relieving my suffering such as pain, anxiety, or breathlessness. I would not want any care that would keep me alive longer.

Stage 3 – Severe Dementia

People are no longer able to recognize loved ones and family members. People may be awake through the night, disruptive, and yelling.

Some may be calm or serene most or all of the time, but many become angry and agitate at times, and sometimes even violent toward people they love.

People need round-the-clock help with daily activities, including bathing and assistance with all basic body functions.

If I had severe dementia, then I would want the goal for my care to be:

To live for as long as I could. I would want full efforts to prolong my life, including efforts to restart my heart if it stops beating.

To receive treatments to prolong my life, but if my heart stops beating or I can't breathe on my own then do not shock my heart to restart it (DNR) and do not place me on a breathing machine. Instead, if either of these happens, allow me to die peacefully. Reason way: if I took such a sudden turn for the worse then my dementia would likely be worse if I survived, and this would not be an acceptable quality of life for me.

To only receive care in the place where I am living. I would not want to go to the hospital even if I were very ill, and I would not want to be resuscitated (DNR). If a treatment, such as antibiotics, might keep me alive longer and could be given in the place where I was living, then I would want such care. But if I continued to get worse, I would not want to go to an emergency room or a hospital. Instead, I would want to be allowed to die peacefully. Reason why: I would not want the possible risks and trauma which can come from being in the hospital.

To receive comfort-oriented care only, focused on relieving my suffering such as pain, anxiety, or breathlessness. I would not want any care that would keep me alive longer.

Signature

Date

Print Name and Date of Birth