

BEFRIENDING THE ENDING, AN INTRODUCTION TO ADVANCE CARE PLANNING (180)

**Tuesdays, 10:00 – 12:00 (3 Classes, 1/28 thru 2/11) in Room 19
15**

Tuition \$32

Limited to

Over three sessions you will receive an introduction to Advance Care Planning, in which you will learn about the following:

- **What is a Healthcare proxy/surrogate/power of attorney and why is it so important?**
- **How to choose a Health Care Proxy; how to be as great one.**
- **List of questions to ask providers when making important healthcare decisions.**
- **Introduction to the Florida POLST (Physician Orders for Life Sustaining Treatment) and DNRO (Do Not Resuscitate Order) forms.**
- **What is Code Status and why is it so important?**

You will receive lots of handouts and information. There will be ample time to discuss your questions and concerns and to learn with and from each other.

Lisa Ahbel, RN has recently retired, with her husband, to Sun City Center from Massachusetts. She has many years of experience in Hospice and Palliative care, as well as working with patients in long-term care facilities, doctor's offices, urgent care clinics and in their own homes. She is passionate about helping people to craft end of life plans which allow them to live their lives fully all the way to the very end, with quality, comfort, and peace. Lisa is an experienced workshop presenter and is also available for individual consultation.