

Online Advance Care Planning Information

Prepare for Your Care

prepareforyourcare.org

PREPARE offers step-by-step guidance, with videos, for completing an advance health care directive. This site offers a California form in many languages, as well as forms for other states in English and Spanish. The California form in Spanish includes the English translation and is legally valid.

Coalition for Compassionate Care of California

coalitionccc.org

This resource-rich website includes information for healthcare professionals and patients. For consumers, the website offers advance care planning conversation tools, guidance for medical decision makers, information on the POLST form and the End of Life Option Act, as well as links to seven different advance health care directives.

Five Wishes

fivewishes.org

Five Wishes supports a "family conversation" approach to discussing and documenting your choices for end-of-life care. The Five Wishes workbook covers personal, spiritual, medical, and legal wishes in one document. It is legally valid in most states. There is a small fee.

The Conversation Project

theconversationproject.org

This site hosts a number of "conversation starter kits": One on talking with others about your end-of-life care wishes, and others on specific topics such as preparing for dementia, talking with your doctor, talking with a seriously ill child, and choosing (or being) a medical decision maker.

Resources for Related Concerns

Physician Orders for Life-Sustaining Treatment (POLST) capolst.org

A POLST form is medical orders for people who have a serious chronic or progressive condition or are medically frail. It is printed on bright pink paper and signed by both the patient and a physician. This site provides sample forms and guidance for completion.

Advance Directive for Dementia dementia-directive.org

This website provides a document you can attach to your advance health care directive to describe the medical care you would want if you were diagnosed with dementia.

Go Wish gowish.org

Go Wish is a card game to explore what is most important to you when thinking about a life shortened by serious illness. You can play alone or with friends and family. Play online for free!

CaringInfo caringinfo.org

Developed by the National Hospice and Palliative Care Organization, this website offers guidance on advance care planning, palliative care, hospice care, caregiving, and grief and loss. It includes health care directives for all states.

Family Caregiver Alliance (FCA) caregiver.org

Family Caregiver Alliance supports families and friends who care for adult loved ones with chronic, disabling health conditions. The website offers fact sheets and resources for managing care, coping with specific diagnoses, and planning for a loved one's decision-making incapacity.

Professional Fiduciary Association of California pfac-pro.org

Professional fiduciaries are hired by individuals or families to oversee healthcare and/or finances in the event of incapacity or other need. They are licensed and regulated by the State of California. You can find a fiduciary in Sonoma County using this website's search function.

Donate Life California donatelifecalifornia.org

You can register online with this state-authorized nonprofit organization to be an organ, eye, and tissue donor. The website also describes how donation works, and how to dis-enroll if desired.

Willed Body Program at UCSF willedbodyprogram.ucsf.edu

Bodies donated to medical schools are used for teaching and research. The University of California San Francisco is one of five University of California programs to accept donated bodies. This must be pre-arranged by the individual wishing to donate his or her body. This website provides the forms.

Consumer Guide to Funeral and Cemetery Purchases cfb.ca.gov

You can make arrangements in advance for yourself or a loved one to relieve survivors of managing this task in the midst of grief. The California Department of Consumer Affairs' Cemetery and Funeral Bureau booklet provides guidance for making decisions about cremation, funeral, and cemetery arrangements.