

Basic Advanced Planning / EOL Legal Docs

Physician Orders for Life-Sustaining Treatment (POLST): Form that gives seriously-ill patients more control over their end-of-life care, including medical treatment, extraordinary measures (such as a ventilator or feeding tube) and CPR. Printed on bright pink paper, and signed by both patient and physician (or NP or PA), POLST can prevent unwanted or ineffective treatments, reduce patient and family suffering, and ensure that a patient's wishes are honored. https://capolst.org/wp-content/uploads/2020/10/POLST_2017_wCover.pdf

California Advance Health Care Directive: Allows individual to choose an agent to make medical decisions on their behalf and select EOL treatment options when they cannot. An advance directive combines a medical power of attorney and a living will:

- Expresses your wishes for medical care
- Names a decision-maker who advocates for your medical wishes if you can't

<https://eforms.com/power-of-attorney/ca/california-advanced-health-care-directive/>

Five Wishes: Guides people in understanding and making choices aligned with one's values at end of life - <https://www.fivewishes.org/for-myself/>

Dementia Addendum: (not necessarily legally binding): <https://dementia-directive.org/>

California Durable Power of Attorney (POA): Can designate someone to act in your for financial-related affairs during your lifetime (ends upon death). You (the "principal") grant these powers to a trusted friend or relative (the "agent"). The agent can only act as the principal specifies and the agent has a fiduciary responsibility to act in the best interests of the principal. Because it is considered "durable," the powers granted to the agent continue even if the principal becomes incapacitated.

You can make a POA effective immediately or be a "springing" POA which goes into effect when certain conditions are met, e.g., if you no longer have the ability to handle your own financial transactions (you can't communicate your wishes; or you can't understand the effect, consequences, or risks of your decisions):

- Agent can take care of your financial affairs (pay bills, make deposits, etc.)

<https://eforms.com/power-of-attorney/ca/california-durable-power-of-attorney-form/>

California Last Will and Testament: Used to distribute your property (assets), whether personal or real, upon your death to those you name as beneficiaries.

- Must be signed by at least two competent witnesses present at the time of signing
- Designate executor to cancel accounts, pay expenses, distribute assets
- A simple will isn't complicated. If a simple will does not address your needs, contact an attorney!

<https://eforms.com/wills/california-last-will-and-testament-template/>