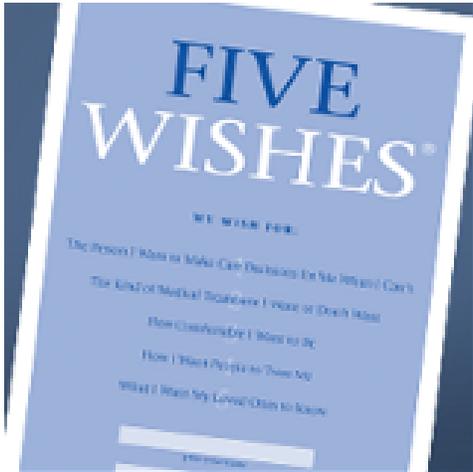


Five Wishes :

Personal, Medical, Emotional, Familial, Spiritual



- What kind of care do I want?
- Who will make decisions if I cannot?
- How do I want to deal with life support?
- What should my loved ones know?
- What if I'm in a coma?
- How comfortable do I want to be?
- How do I want to be cared for?
- What should my doctor know about me?

Life is fragile and the unexpected can happen any day. One only must read the daily newspaper or tune into the news to see that. When it comes to health care, preparing for the unexpected is more than important regardless of age - it's essential. "Five Wishes" is more than just a document. Five Wishes is a complete approach to discussing and documenting individual care and comfort choices. It's about connecting families, communicating with healthcare providers, and showing what it means to care for one another.

Feb 24, 2020 – Noon

Pierce County Annex, Main Meeting Rm.
2401 S. 35th St., Tacoma

Feb 24, 2020 – 6:30 p.m.

Graham Branch Library
9202 224th St. E., Graham

Feb 26, 2020 – 6:30 p.m.

Fir Lane Memorial Park
924 East 176th Street, Spanaway

*A free information event provided by
Pierce County*

Aging & Disability Resources

in collaboration with

Fir Lane Memorial Park

For additional information call
(253) 798-4600 or (800) 562-0332

No RSVP required

NOTE: In case of inclement weather call
253-798-8787 for possible
postponement or cancellation.





Pierce County

Human Services
1305 Tacoma Avenue
Tacoma, Washington 98402

Aging & Disability Resources

“Five Wishes” preserves dignity and respect in care planning

Thinking ahead is always important. Whether you’re hosting a party, making a kit for a natural disaster, or grocery shopping, planning is essential to feeling thoroughly prepared. Even though we hope for the best, it makes sense to plan for the worst.

[Pierce County Aging and Disability Resources](#), in collaboration with Fir Lane Memorial Park, is hosting free presentations of “Five Wishes,” the advance care planning program that is quickly becoming America’s most popular living will. “Five Wishes,” is changing the way we talk about and plan for care at the end of life. This easy-to-use legal advance directive document is written in everyday language to help all adults, regardless of age or health, consider and record how they want to be cared for at the end of life.

The “[Five Wishes](#)” presentations will explore wishes surrounding personal, medical, emotional, familial and spiritual concerns. Sessions will be held three times in February:

- Feb. 24 – Noon at the Pierce County Annex, Main Meeting Room, 2401 S. 35th, Tacoma
- Feb. 24 – 6:30 p.m. at the Graham Branch Library, 9202 224th St. E., Graham
- Feb. 26 – 6:30 p.m. at Fir Lane Memorial Park, 924 176th St. E., Spanaway

“Five Wishes” helps people express their choices in areas that matter most, describes what good care means and whether someone is seriously ill or not. This document tells family members and caregivers exactly what you want, and it meets the legal requirements in most states, including Washington. Attendees will receive a complimentary copy of the “Five Wishes” book as well as valuable supplementary materials.

“We go to the doctor when we have a problem,” said Aaron Van Valkenburg, Pierce County Aging and Disability Resources manager. “With “Five Wishes,” we focus on our needs before the problem arises. During a crisis or when we are unable to speak is not the time to decide how someone wants to be treated – both short and long-term. This program is one of the best at helping us think through some very serious concerns.”

Anyone of any age can attend. No RSVP is required. For more information about the presentations, call the Pierce County Aging and Disability Resource Center at 253-798-4600 or 1-800-562-0332. In case of inclement weather, call 253-798-8787 for possible postponement or cancellation.

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