



DEPARTMENT OF
ECONOMIC SECURITY
Division of Developmental Disabilities



LIFE-PLANNING ACTIVITIES

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Life-planning activities are a core part of person-centered planning. What is important today, may not be important tomorrow. Life planning allows people to prepare for their future at any age. This brochure provides information and resources for several life-planning activities. Contact your Support Coordinator if you need more information.

GENERAL LIFE PLANNING ACTIVITIES

Power of Attorney

Power of attorney allows a person to authorize, in writing, another person to represent them in their private, business, or legal matters. This decision is made by the person and not a court. This document may need to be verified by a witness or notary.

Trusts

A trust allows a third party, or trustee, to manage assets on behalf of a beneficiary. Trusts can be arranged in many ways and can specify how and when the beneficiaries can use the assets. There are many types of trusts. Some trusts will impact Member benefits. It is important to speak to a knowledgeable resource before creating a trust.

MEDICAL LIFE PLANNING ACTIVITIES

There may be times when a person is unable to make health care decisions for themselves. This can happen at any time during their life. It is important they make their wishes known and have a plan in place before it is needed.

Medical and Mental Health Power of Attorney

Medical power of attorney and mental health power of attorney are legal documents. A medical power of attorney allows a person to make health care treatment decisions for another person if they are unable to decide for themselves. A mental health power of attorney allows a person to make mental health treatment decisions for another person if they are unable to decide for themselves.

A person must be selected as a medical or mental health power of attorney before they can make those decisions.

Living Will

A living will allows a person to list the medical treatments they do or do not want for their end-of-life care. This allows them to decide how much or how little treatment they want to receive when they are dying. This is often kept with a person's health care power of attorney documentation. This ensures the person making health care decisions for the person knows what they want.

END-OF-LIFE PLANNING ACTIVITIES

Dying is difficult for individuals and their loved ones. Advance care planning involves talking about and preparing for future decisions about a person's medical care if they become seriously ill or cannot communicate their wishes. Advance Directives including a medical power of attorney, mental health power of attorney, and living will ensure the individual receives the care they want at the end of their life.

Letter of Intent

A letter of intent is helpful but is not a legal document. It cannot take the place of a legal will. A letter of intent provides friends and family with knowledge of how to best care for the person.

Will

A will, or will and testament, is a legal document. It expresses what a person wants to happen to their property after their death. It identifies the person who they want to manage the property.

Five Wishes

Is a person-centered advance care plan (ACP). It addresses personal, emotional, and spiritual wishes, as well as medical treatment. Five Wishes is a legal advance directive when completed. It is a person-centered advance care planning program with a proven way to have effective conversations about difficult topics.

Palliative Care

Palliative care is specialized medical care for people living with a serious illness. It includes a caregiver team. They support the person's symptom management. They provide emotional and spiritual support. The team helps the person have the highest quality of life during a serious or terminal illness.

Hospice

Hospice care focuses on a person's quality of life when they are in the last phases of a terminal illness. Hospice care includes a caregiver team. They support the person's symptom management. They provide emotional and spiritual support. Hospice care prioritizes comfort, pain management, and quality of life. Hospice care is often provided in the person's home.

Prehospital Medical Care Directive

A Prehospital Medical Care Directive is sometimes called a DNR or "do not resuscitate". It is a document signed by a person and their doctor. It informs emergency medical technicians (EMTs) or hospital emergency personnel not to resuscitate them if they experience cardiac or respiratory arrest. It must be signed by the person or their health care power of attorney. It must be witnessed or notarized. It must be printed on orange paper.



ADDITIONAL RESOURCES

Arizona Attorney General - Life Care Planning Complete Packet
<https://www.azag.gov/sites/default/files/docs/seniors/life-care/2023/LCP-Complete-Packet-fillable.pdf>

Arizona Center for Disability Law - ACDL is a non-profit law firm that assists Arizonans with disabilities to promote and protect their legal rights to independence, justice, and equality.
<https://www.azdisabilitylaw.org/resource-category/legal-options/>

Five Wishes - A comprehensive, person-centered advance care planning program that offers a proven, easy-to-use approach to having effective and compassionate conversations.
<https://www.fivewishes.org/for-myself/>

The ARC - The Center for Future Planning
<https://futureplanning.thearc.org/pages/learn/about>

Raising Special Kids - The state of Arizona's Federally Designated Parent Training and Information Center under IDEA Part D.
<https://raisingspecialkids.org/>



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