

## Your Information Prescription: Talking About End of Life Care

Advance Healthcare Planning - Your Life, Your Wishes

You and your health care team need to work together so you can be a partner in your care - learn all you can! You can access these videos and websites on any computer or mobile device.

**Prepare for a Good End of Life by Judy MacDonald Johnston**

[https://www.youtube.com/watch?v=6We\\_1bXRBOk](https://www.youtube.com/watch?v=6We_1bXRBOk)

6 minutes, 3 seconds



**Being Mortal by Atul Gawande**

<http://www.pbs.org/wgbh/frontline/film/being-mortal/>

54 minutes, 11 seconds

**Set up your Medical ID in the Health app on your iPhone**

<https://support.apple.com/en-us/HT207021>

Website



**How to Add an Emergency Contact to Your Phone's Lock Screen**

<http://www.pcmag.com/article2/0,2817,2489237,00.asp>

Website

**The Conversation Project**

<http://theconversationproject.org/>

Website



**Five Steps to Advance Care Planning**

<https://www.youtube.com/watch?v=mPtu-FpY1Kw>

1 minute, 26 seconds

**Advance Healthcare Directives**

<http://education.lvh.com/PatientEducation/Advance%20Directives/AdvanceHealthcareDirectives.pdf>

Handout



**YourLife YourWishes™**  
It starts with a conversation.

<http://yourlifeyourwishes.com/>

Website

### QR Code instructions

To use the QR codes on the right hand side of this page, you must have a QR code reader app installed on your phone. After you have the app, simply aim your phone at the QR code and it will direct you to the website where you can watch the selected video. On some phones you may need to press the photo button for it to direct you to the video or website.

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*This information is not intended to take the place of medical advice. Always follow your health care provider's instructions.*

Also available in large print.