

Planning for the Care of Your Loved Ones

By Karen Cerrato, LCSW, EAP Program Coordinator

Advanced Directives, Living Wills, Durable Power of Attorney? What do they mean? Why do we need to be aware of these things? They sound intimidating but these resources are important to the future well being of our loved ones, whether it's our aging parents, aunts, uncles or spouses/partners. Even ourselves!

In today's society we have advanced medical technology that can prolong our lives. However some people have strong opinions about what type of medical care they want to receive or not should they become ill. When people cannot speak for themselves due to illness or injury it is up to their family members or health care providers to make decisions on their behalf. This is an enormous responsibility that can be very emotional.

Advanced Directives are your plans you wish for future medical treatment should you become incapacitated by illness or accident. This means that others need to communicate your wishes to healthcare providers.

Next week we will define Living Wills and Durable Power of Attorney for Health Care.

Call Solutions EAP at 1-800-526-3485 for assistance for all of life's challenges.

It's free, confidential and open to your family members.

Check us out on-line at www.solutions-eap.com