



## Your Five Wishes...

Since the onset of the Covid-19 pandemic, we have heard about so many people who suddenly found themselves in the ICU... Do you wonder if they thought about or planned for a medical emergency that could be precipitated by the Covid-19 pandemic- or even a car accident? Does it raise questions about how you could plan in advance for your care in an emergency situation?

- **"Home Care & Advance Care Directives"** is a 30-minute summary of evidence-based benefits of planning and creating an advance healthcare directive. It explains why it is important to **share your thoughts with your loved ones and health care providers** (having the Conversation of Your Life – COYL). [Click here](#) to view on YouTube this interview with NJV team members and home healthcare professionals, Jane Galligan and Meghan LaBruno.
- For broader information about advance care planning, [click here](#) to view **"Just Do It: Planning for a Good Life and Death"** with NJV Board member and elderlaw attorney, Shana Siegel.
- **"Advance Care Planning: Have the Talk"**, NJAAW Aging Insights #115 [Click here](#) to hear guests palliative and geriatric physician Dr. David Barile and Laurie Powsner, MSW, LCSW, a social worker and Director of Operations at Your CarePlan, focus on the most important information you can document in a living will (without engaging an attorney) and what conversation you should have with your providers, designated healthcare proxy, and family.
- NJV also recommends you view a webinar, **"Five Wishes Made Easy,"** to learn about a simple tool for documenting **what matters most to you**. The webinar describes the **medical options available** to you and how to document your care preferences in different situations -- before a medical emergency happens. To view the **"Five Wishes Made Easy"** webinar with Tacy Silverberg-Urian and Caren Martineau, [click here](#).

STAY HEALTHY & STAY CONNECTED!

*Kathy Kuzma*

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