Handouts

Getting Your Ducks in a Row:
The documents you need and the challenging discussions you need to have

Advance Care Planning
- Honoring Your Wishes: Advance Care Planning (link: honoringyourwishes.org)
- Advance Directive for Dementia (link: dementia-directive.org)
- One Day Your Mind May Fade. At Least You’ll Have a Plan — The New York Times (link)
- Iowa Physician Orders for Scope of Treatment (IPOST) — (link)

The Conversation
The Conversation Project - Have You Had the Conversation? (link: theconversationproject.org)

Books
- Angelo Volandes: The Conversation: A Revolutionary Plan for End-of-Life Care (link)
- Atul Gwande: Being Mortal: Medicine and What Matters in the End. (link)

Games
- Go Wish – Coda Alliance
- Hello Game (Home Edition) - Common Practice

 Downsizing
National Association of Specialty and Senior Move Managers (NASSMM) — (link)
Guide to Resizing and Relocation - NASMM — (link: nasm.org)
Caring Transitions of Cedar Rapids & Iowa City — (link: caringtransitionsCRIC.com)