

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 Gawande: *Being Mortal: Medicine and What Matters in the End.* (link)

Games

- [Go Wish – Coda Alliance](http://link: Go Wish - Coda Alliance)
- [Hello Game \(Home Edition\) - Common Practice](http://link: Hello Game (Home Edition) - Common Practice)

Downsizing

National Association of Specialty and Senior Move Managers (NASSMM) — (link)

Guide to Resizing and Relocation - NASMM — (link: nasmm.org)

Caring Transitions of Cedar Rapids & Iowa City — (link: caringtransitionsCRIC.com)