

**Highlights presented at June 21<sup>st</sup> Aging With Grace community meeting:**

**Palliative Care** is available in Tillamook County through Adventist. Provides nursing/social work/coordination support for serious or chronic illness (not terminal illness). Can go on and off palliative care based on patient/family need. Available for Adventist patients.

**Hospice** available in Tillamook. Separate organization in Tillamook from Adventist Hospital. When going on Hospice your Medicare plan is transferred to Medicare Hospice plan. Nurse come to your home 1-2x week for about an hour or less, and home health aides as needed, up to five days a week to support activities of daily living. Some social worker service available. Hospice at home supports family and others caring for the patient; hospice service provided at home is not a substitute for family or caregivers. For individuals without family/friends/caregivers at home to provide caregiving other residential arrangements need to be made working with hospice staff.

**Private caregivers and end of life/death doulas** can be hired by individuals and families to provide personal caregiving for individuals or range of support options at end of life depending on need. Costs and availability vary and are paid for out-of-pocket by individual or family. Private caregivers or doulas cannot administer medication to patients. Estimate \$30-\$50/hour.

Identifying your **Healthcare Representative** and communicating your end of life wishes and values to this person (and alternate representatives) is the foundation of setting up your advanced directive, dementia directive, POLST or other end of life directives.

**Advanced Directives, Dementia Directive & POLST.** Keep multiple copies handy: in glove compartment in car, filed with your primary care doctor, filed Adventist Hospital, family members, etc.; copy of POLST on your refrigerator or near front door. Use Compassion & Choices: *My End of Life Decision: An Advance Planning Guide and Toolkit* to aid in developing your advanced directive and other directives. Two sources available for dementia directives: Dementia Directive Values and Priorities Tool on Compassion & Choices website; Washington State Dementia Directive.

**Tillamook County Wellness** [www.tillamookcountywellness.org](http://www.tillamookcountywellness.org) Aging webpage and source of valuable wellness activities and resources in Tillamook County.

Tillamook County Wellness coordinator: Michelle Jenck 503-815-2285 503-812-8354  
[michelle@tillamookcountywellness.org](mailto:michelle@tillamookcountywellness.org) also serves as Wellness Coordinator for Adventist Tillamook

**Oregon Older Adult Behavioral Health Initiative** has a Coordinator for Tillamook, Clatsop and Lincoln Counties: Helen Beaman [beamanh@careoregon.org](mailto:beamanh@careoregon.org) no direct service; provides support to aging related services and organizations; provides educational presentations at the Tillamook County Library on aging related topics.

**Recommended reading** that covers most everything in the Aging With Grace presentations (except Burial Options): *Finish Strong: Putting Your Priorities First at Life's End* (2<sup>nd</sup> edition, 2021) by Barbara Combs Lee