

End of Life Planning *when dementia is a real risk*

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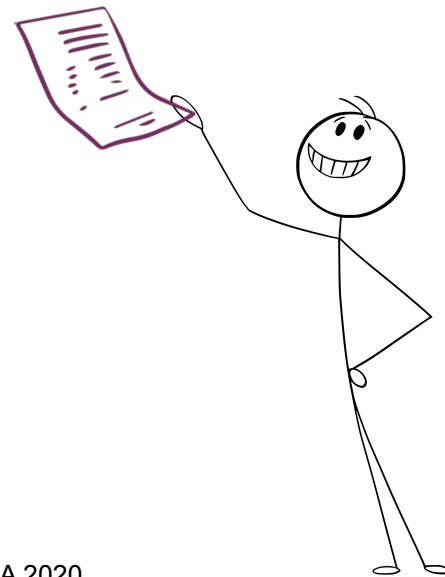
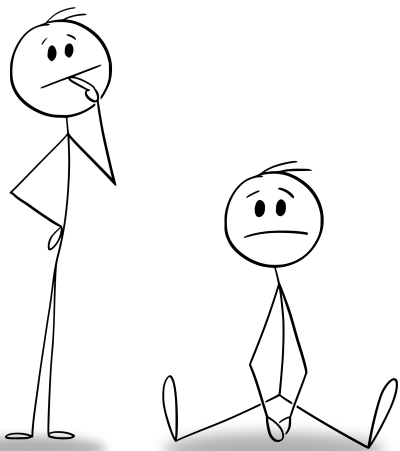
COMPASSION & CHOICES
IMPROVES CARE,
EXPANDS OPTIONS,
AND **EMPOWERS**
EVERYONE TO
CHART THEIR
END-OF-LIFE JOURNEY.

Objectives

- Understand how cognitive changes impact decision-making and communication
- Discuss common challenges in advance care planning for people living with dementia
- Provide practical guidance for supporting clients before and after a dementia diagnosis

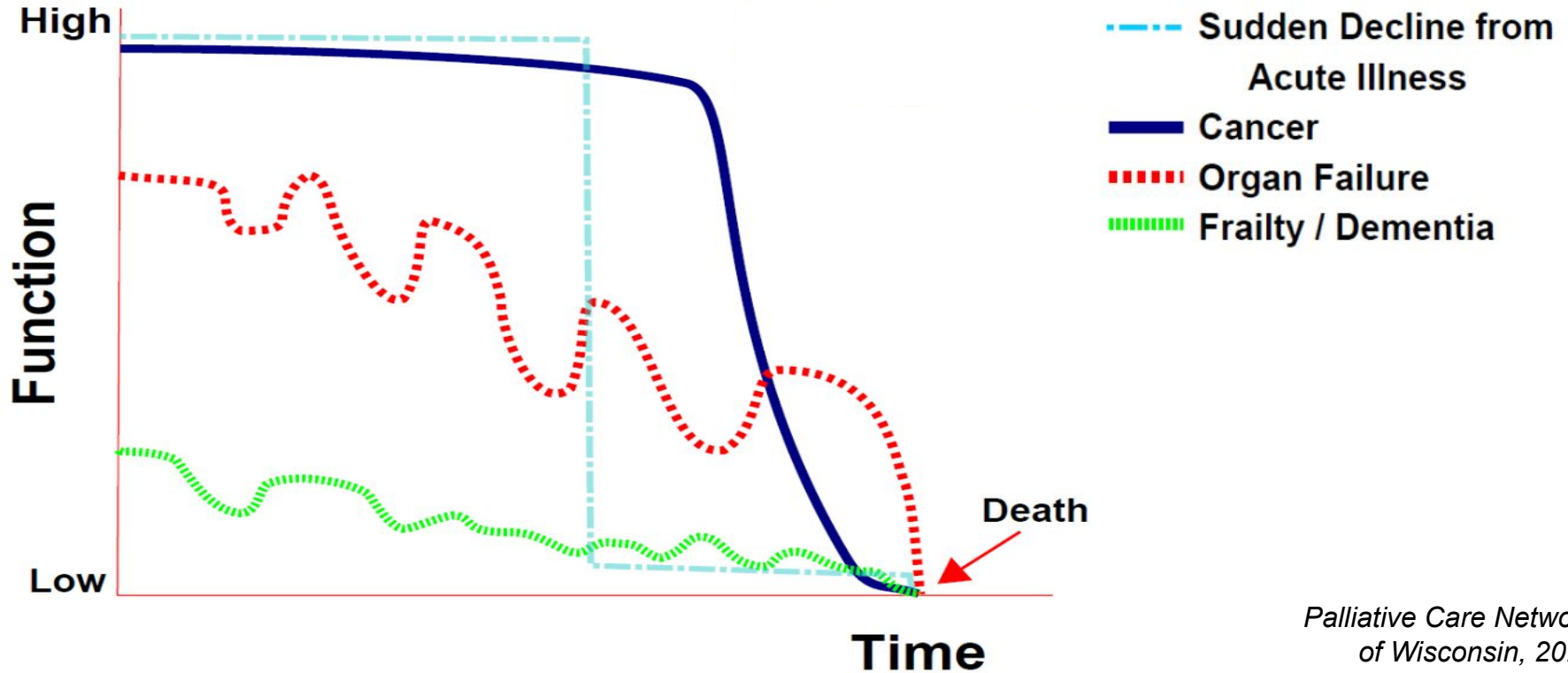


1 in **3**
adults in the US
have completed an
advance directive



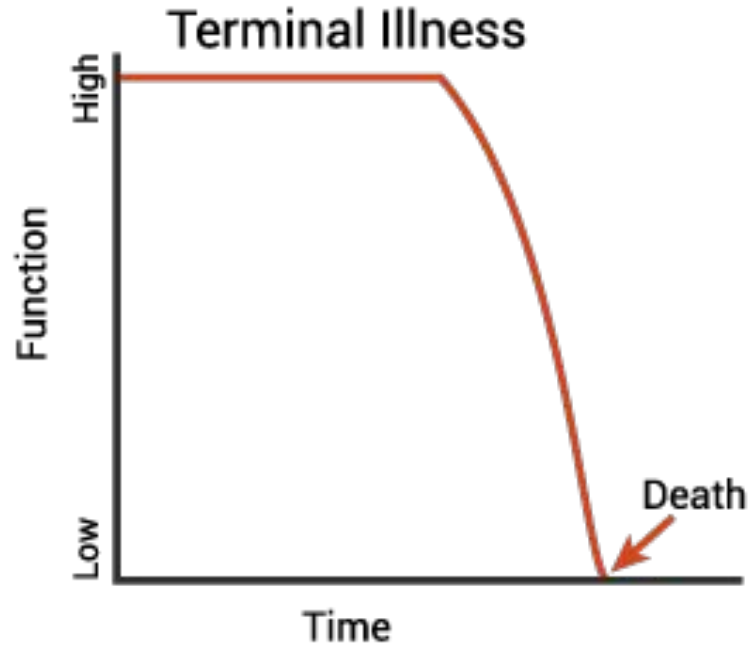
JAMA 2020

Illness Trajectories



*Palliative Care Network
of Wisconsin, 2024*

What it might feel like



A general
term for a
group of
symptoms

Symptoms
are a result
of changes
in the brain

Dementia

Changes
caused by
underlying
disease

Progressive
decline over
time

Dementia: *common causes*

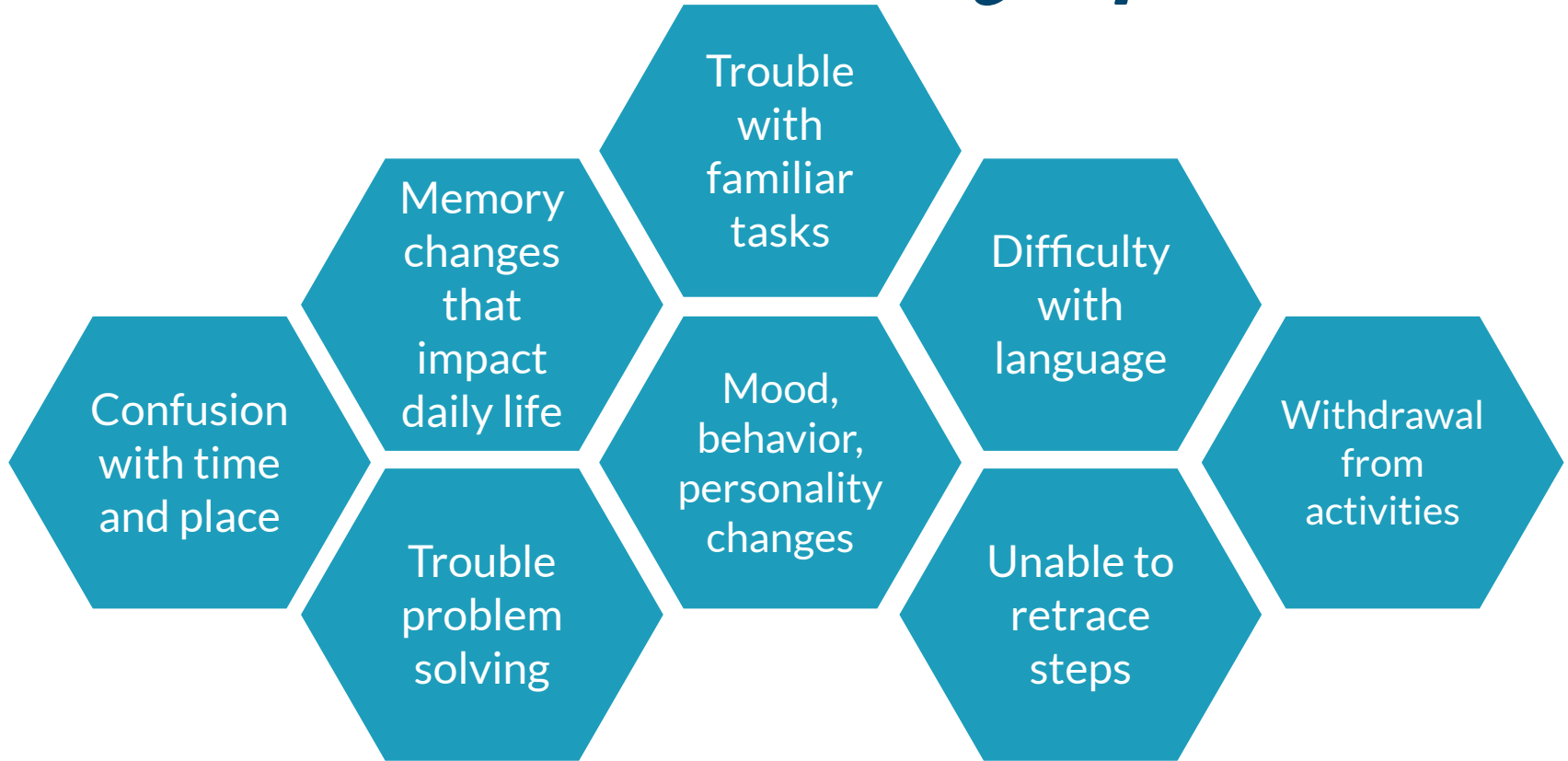
Reversible

- Depression
- Medication interactions
- Dehydration
- Malnutrition
- Urinary tract infections
- Subdural hematomas
- Alcohol or substance use disorder
- Sensory impairment

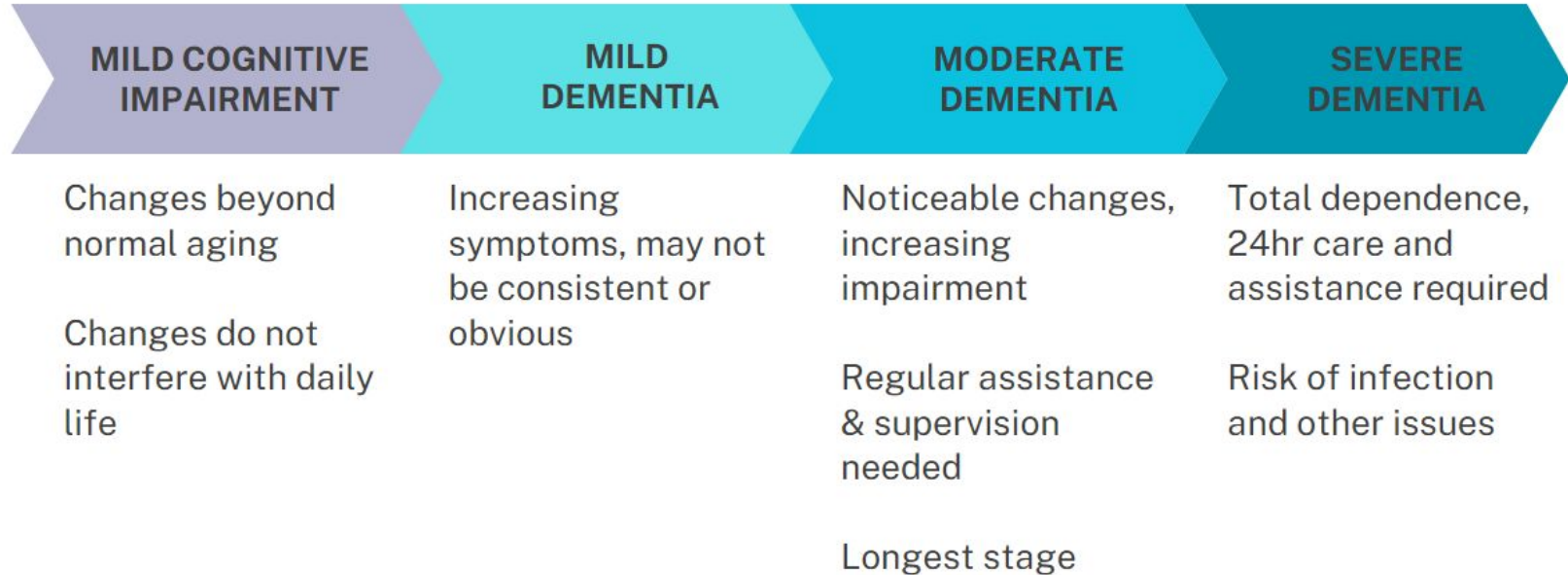
Irreversible

- Alzheimer's Disease
- Vascular dementia
- Lewy Body Dementia
- Frontotemporal Dementia (FTD)
- Mixed Dementia
- Parkinson's Disease
- Chronic Traumatic Encephalopathy (CTE)

Dementia: *common symptoms*

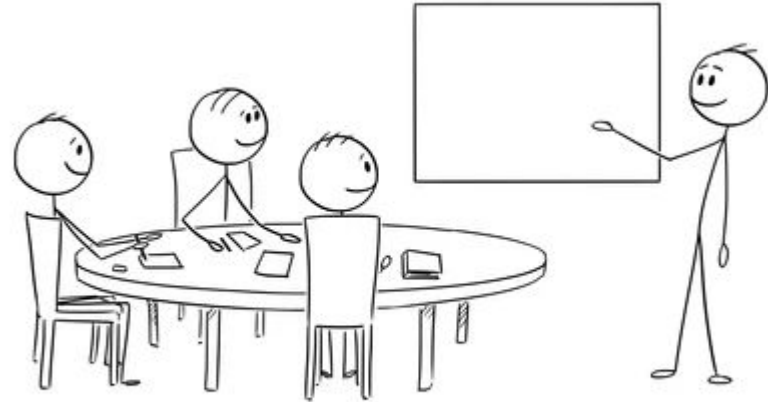


Dementia: *cognitive changes*



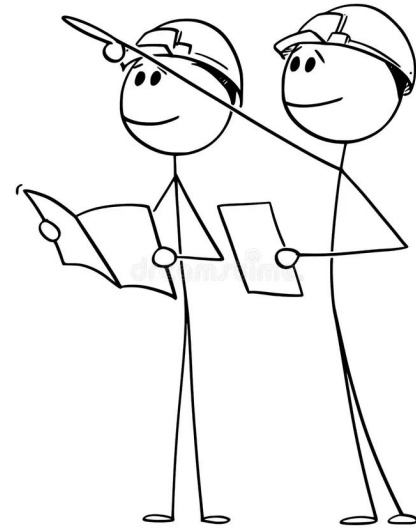
Advance care planning is for everyone.

1. Everyone needs a plan, no matter the size of their estate or their age.
2. Ensure those closest to us know what we want and can make decisions with confidence.
3. Don't keep it locked away!
4. Plan for change.



Planning Tools & Potential Pitfalls

1. Timing
2. Limitations
3. Unwilling healthcare proxy
4. General vs specific instructions



Dementia Directive

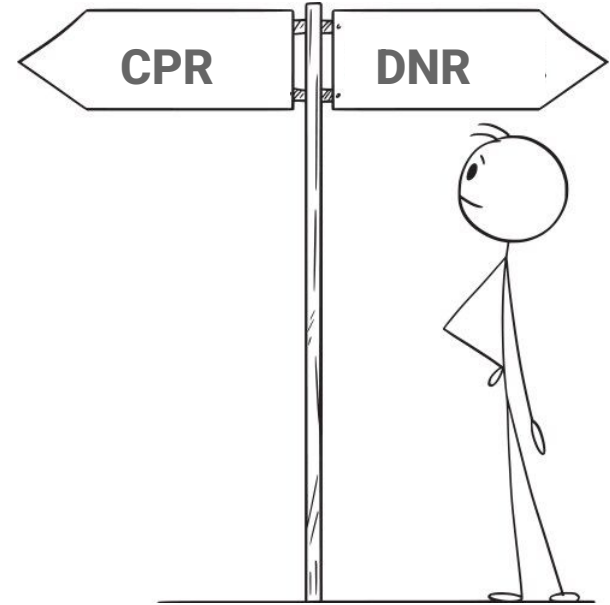
- Tool to document wishes and preferences for future with dementia
- To be completed in advance of a diagnosis or early in disease process
- Supports informed decision-making
- Multiple versions available





What Matters Most?

- ➔ What are their wishes regarding care, treatments and options?
- ➔ What has already been decided, discussed, and put into place?
- ➔ What is unclear, needs to be discussed and/or decided?



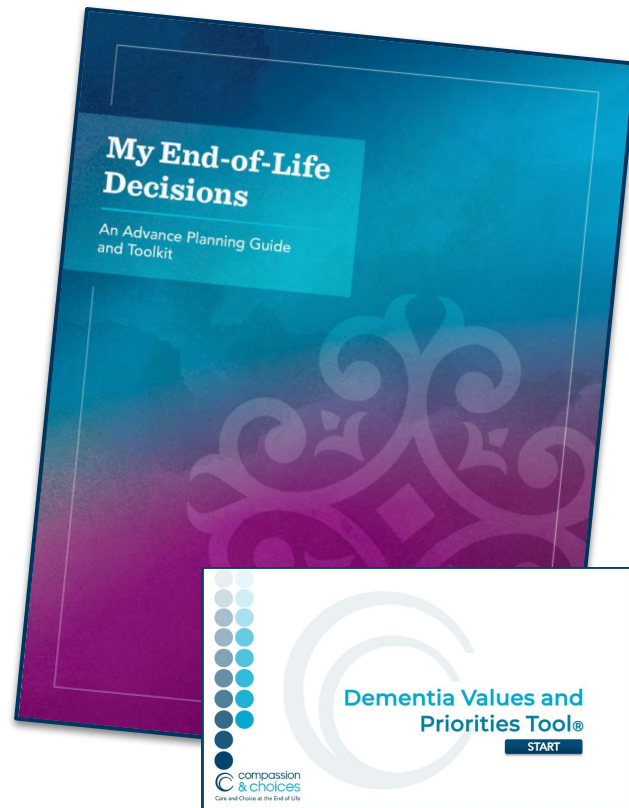
Conversation Tips

- Choose the appropriate time and space
- Start with open-ended questions
- Make no assumptions
- Prioritize respect and humility
- Show empathy, respond to emotion
- Be clear on next steps

Free Tools & Resources

- Tools for advance care planning
- Tips for discussing wishes with family and care team
- Info on end-of-life care and options
- End-of-Life and Legal Consultation

CAndC.org



“ Our ultimate goal, after all, is not a good death but a good life to the very end ”

-Atul Gawande



Thank you