

Navigating the Journey: “Two simple tools for exploring and clarifying end-of-life care choices”



Considering end-of-life care options can be stressful and confusing for patients and their loved ones. Focusing on what is important and being motivated to meet goals and create new memories can fall to the wayside when mapping out end-of-life options. There are tools available, though, to bring individual purpose and dynamic direction to end-of-life planning.

This talk will explore how creating a bucket list and writing a “Dear Doctor”

letter can help express end-of-life wishes and guide treatment options. ‘

These two tools will help you clarify what is important to you, which aides your loved ones in making sure your wishes are followed when you can no longer speak for yourself. In this presentation, you will learn how to use templates to create individualized documents for yourself, as well as how to best approach a loved one to write them for him/herself.

Presented by:

Sasha Holden, RN, Providence Hospice Clinical Educator
Sasha has worked with Providence Hospice since 2005. Prior to her work at Providence, Sasha earned her degree in nursing from OHSU and was an Oncology nurse at OHSU. Sasha believes end-of-life planning is not just about managing medications and medical procedures, but more importantly, she says, “It’s about honoring who you are as a person. Being able to communicate what brings meaning to your life with your medical team helps create a purposeful and insightful end-of-life journey.”privilege.”

Thursday, May 10

6-7:30 p.m.
(doors open at 5:30 p.m.)

Providence Portland Medical Center

Cancer Center Amphitheater
4805 NE Glisan St.
Portland, OR 97213

To register, visit:

<https://tinyurl.com/20180510NtJ>
or call 503-215-7365.

The Medical Center is close to public transit. Parking is available in the parking garage accessible from Glisan Street.

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