

Legal Planning for Families with a Dementia Diagnosis

UW Project ECHO® Dementia





Northwest Justice Project

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Aging and Disability Services

Area Agency on Aging for Seattle and King County

Northwest Justice Project

**NJP provides FREE
civil legal aid to eligible people with low incomes**

Examples of civil (non-criminal) legal Issues

Family safety and security

parenting plans, protection orders

Housing stability

foreclosure prevention, eviction defense

Protection of income

Social Security Disability, TANF, etc.

Access to medical care or benefits

Money and Debt issues

protection from debt collection abuse, fraud

Employment issues

lost wages, discrimination, workplace safety

Education rights

special education, discrimination

Other basic needs and protections

NJP also has specialized units and projects serving:

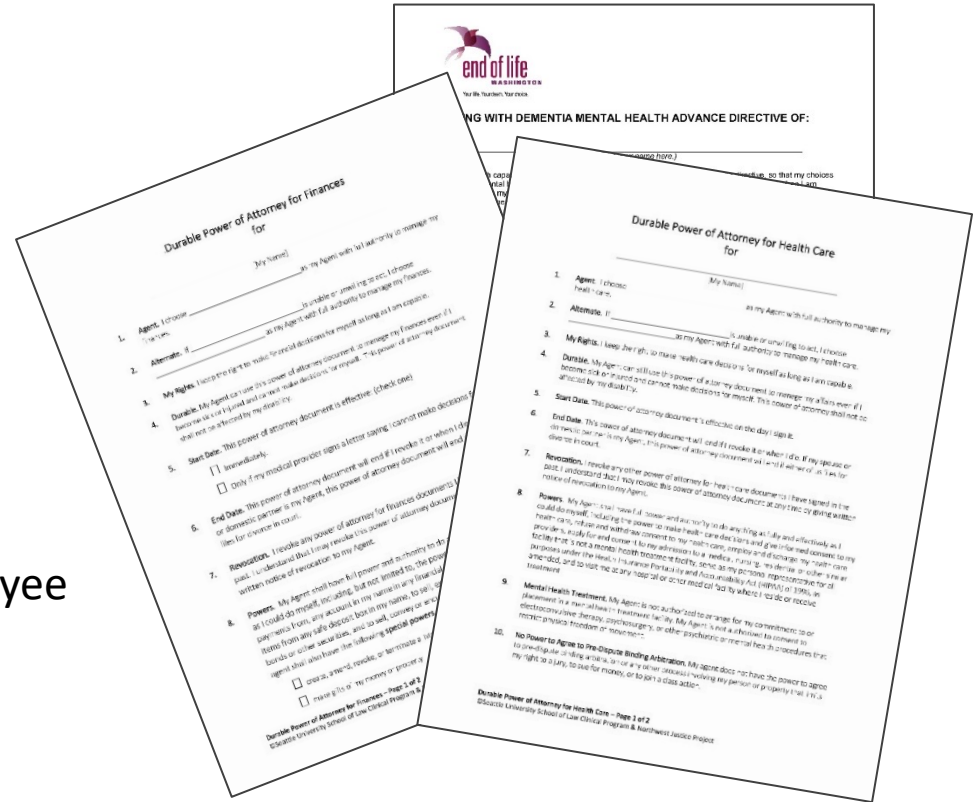
- **Veterans**
- **Farmworkers**
- **Native Americans**
- **Victims of crime**
- **Survivors of domestic violence**
- **People over 60 years old**
- **Western State Hospital patients**





Decision Support

1. Durable Power of Attorney
2. Health Care Directives
3. POLST
4. Social Security Representative Payee
5. Consent to Health Care Statue
6. Guardianship/Conservatorship





Capacity

- Comprehend legal documents?
- Understand consequences?
- Make rational decisions?



WashingtonLawHelp.org



Dementia Legal Planning Toolkit

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Durable Power of Attorney for Finances for

[My Name]

1. **Agent.** I choose _____ as my Agent with full authority to manage my finances.
2. **Alternate.** If _____ is unable or unwilling to act, I choose _____ as my Agent with full authority to manage my finances.
3. **My Rights.** I keep the right to make financial decisions for myself as long as I am capable.
4. **Durable.** My Agent can use this power of attorney document to manage my finances even if I become sick or injured and cannot make decisions for myself. This power of attorney document shall not be affected by my disability.
5. **Start Date.** This power of attorney document is effective: (check one)
 - Immediately.
 - Only if my medical provider signs a letter saying I cannot make decisions for myself.
6. **End Date.** This power of attorney document will end if I revoke it or when I die. If my spouse or domestic partner is my Agent, this power of attorney document will end if either of us files for divorce in court.
7. **Revocation.** I revoke any power of attorney for finances documents I have signed in the past. I understand that I may revoke this power of attorney document at any time by giving written notice of revocation to my Agent.
8. **Powers.** My Agent shall have full power and authority to do anything as fully and effectively as I could do myself, including, but not limited to, the power to make deposits to, and payments from, any account in my name in any financial institution, to open and remove items from any safe deposit box in my name, to sell, exchange or transfer title to stocks, bonds or other securities, and to sell, convey or encumber any real or personal property. My agent shall also have the following **special powers**: (check all that apply)
 - create, amend, revoke, or terminate a living trust
 - make gifts of my money or property

Durable Power of Attorney for Health Care for

[My Name]

1. **Agent.** I choose _____ as my Agent with full authority to manage my health care.
2. **Alternate.** If _____ is unable or unwilling to act, I choose _____ as my Agent with full authority to manage my health care.
3. **My Rights.** I keep the right to make health care decisions for myself as long as I am capable.
4. **Durable.** My Agent can still use this power of attorney document to manage my affairs even if I become sick or injured and cannot make decisions for myself. This power of attorney shall not be affected by my disability.
5. **Start Date.** This power of attorney document is effective on the day I sign it.
6. **End Date.** This power of attorney document will end if I revoke it or when I die. If my spouse or domestic partner is my Agent, this power of attorney document will end if either of us files for divorce in court.
7. **Revocation.** I revoke any other power of attorney for health care documents I have signed in the past. I understand that I may revoke this power of attorney document at any time by giving written notice of revocation to my Agent.
8. **Powers.** My Agent shall have full power and authority to do anything as fully and effectively as I could do myself, including the power to make health care decisions and give informed consent to my health care, refuse and withdraw consent to my health care, employ and discharge my health care providers, apply for and consent to my admission to a medical, nursing, residential or other similar facility that is not a mental health treatment facility, serve as my personal representative for all purposes under the Health Insurance Portability and Accountability Act (HIPAA) of 1996, as amended, and to visit me at any hospital or other medical facility where I reside or receive treatment.
9. **Mental Health Treatment.** My Agent is not authorized to arrange for my commitment to or placement in a mental health treatment facility. My Agent is not authorized to consent to electroconvulsive therapy, psychosurgery, or other psychiatric or mental health procedures that restrict physical freedom of movement.
10. **No Power to Agree to Pre-Dispute Binding Arbitration.** My agent does not have the power to agree to pre-dispute binding arbitration or any other process involving my person or property that limits my right to a jury, to sue for money, or to join a class action.

Durable Power of Attorney for Finances
Poder Notarial Duradero para Finanzas
for/para

[My Name/ (Mi Nombre)]

1. **Agent.** I choose _____ as my Agent with full authority to manage my finances.
(Agente. Yo selecciono a _____, como mi Agente con plena autoridad para administrar mis finanzas.)

2. **Alternate.** If _____ is unable or unwilling to act, I choose _____ as my Agent with full authority to manage my finances.
(Suplente. Si _____ no puede o no está dispuesto a actuar, selecciono a _____, como mi Agente con plena autoridad para administrar mis finanzas.)

3. **My Rights.** I keep the right to make financial decisions for myself as long as I am capable.
(Mis derechos. Me reservo el derecho de tomar decisiones financieras por mí mismo mientras sea capaz de hacerlo.)

4. **Durable.** My Agent can use this power of attorney document to manage my finances even if I become sick or injured and cannot make decisions for myself. This power of attorney document shall not be affected by my disability.
(Duradero. Mi Agente puede usar este documento de poder notarial para administrar mis finanzas aún si yo me enfermo o me lesiono y no puedo tomar decisiones por mí mismo. Este documento de poder notarial no se verá afectado por mi discapacidad.)

5. **Start Date.** This power of attorney document is effective: (check one)
(Fecha de Inicio. Este documento de poder notarial entra en vigencia: (marcar uno))
 Immediately/ (Inmediatamente)
 Only if my medical provider signs a letter saying I cannot make decisions for myself.
(Solamente si mi proveedor médico firma una carta diciendo que no puedo tomar decisiones por mí mismo.)

6. **End Date.** This power of attorney document will end if I revoke it or when I die. If my spouse or domestic partner is my Agent, this power of attorney document will end if either of us files for divorce in court.
(Fecha de Fin. Este documento de poder notarial vence si yo lo revoco o cuando yo muera. Si mi cónyuge o pareja doméstica es mi Agente, este documento de poder notarial vence si cualquiera de nosotros presenta una petición de divorcio en el juzgado.)

Read this in:

Arabic / العربية

Spanish / Español

Korean / 한국어

Russian / Русский

Tigrinya / Ge'ez

Vietnamese / Tiếng Việt

Chinese (Traditional) / 中文

Health Care Directive

of

[My Name]

I am of sound mind and body, and voluntarily execute this health care directive. If I cannot make decisions for myself, my relatives, friends, agents, and medical providers should fully honor every part of this directive. If any part of this directive is invalid, the rest should be honored. I revoke any health care directives I have signed in the past.

1. Health Care Values: The following wishes and preferences should guide all decisions made about my care:

a. What makes my life worth living.

Some terminal or serious conditions may stop me from **ever** doing the things that make life worth living for me. In that situation, I want you to stop all treatment except comfort care, pain relief and palliative care if I **cannot ever again**:

Recognize my close friends and family in any meaningful way

exercise,

be outdoors,

read,

watch tv shows/movies

do the following: _____

Other: _____

Life is always worth living. Do everything you can to keep me alive.

b. My hopes. In my last days, I hope to spend my time:

With my close friends and family: _____

My Name: _____

My Date of Birth: _____

Mental Health Care Advance Directive of

[My Name]

I, _____, being a person with capacity, willfully and voluntarily execute this mental health advance directive so that my choices regarding my mental health care will be carried out in circumstances when I am unable to express my instructions and preferences regarding my mental health care.

1. My Care Needs - What Works for Me.

In order to assist in carrying out my directive I would like my providers and my agent to know the following information:

I have been diagnosed with the following mental health and/or physical diagnoses:

I take the following medications for my diagnoses:

I am also on the following other medications:

The best treatment method for my illness is the following (give general overview of what works best for you):

I _____ have/ _____ do not have a history of substance abuse. My preferences and treatment options around medication management related to substance abuse are:



Advance Directives

End of Life Washington developed the combined **Durable Power of Attorney for Health Care and Health Care Directive** after years of committed research and development. It has been widely praised by health care professionals, advance planning advocates, and attorneys who specialize in elder law and estate planning. It is also endorsed by Sound Generations.



About Advance Directives

Updated 1-10-2020



Advance Directives Video

See the video

Advance Directives

- Tools for Planning
- Talking To Your Doctor
- About Death with Dignity
- Living Will
- Durable Power of Attorney
- Dementia Directives
- POLST
- Additional Advance Directive Documents
- LGBTQ
- Wwnderfile



LIVING WITH DEMENTIA MENTAL HEALTH ADVANCE DIRECTIVE OF:

(Print your name here.)

As a person with capacity, I willfully and voluntarily execute this mental health advance directive, so that my choices regarding my mental health care and Alzheimer's/dementia care will be carried out in circumstances when I am unable to express my instructions and preferences regarding my future care. If I live in a state that has not adopted laws that provide me with the legal right to make this advance directive, then I want this document to be used as a guide for those who make decisions on my behalf when I am no longer capable of making them for myself.

The fact that I may have left blanks in this directive does not affect its validity in any way. I intend that all completed sections be followed.

I understand that nothing in this directive, including any refusal of treatment that I consent to, authorizes any health care provider, professional person, health care facility, or agent appointed in this directive to use or threaten to use abuse, neglect, financial exploitation, or abandonment to carry out my directive.

I intend this Living With Dementia Mental Health Advance Directive to take precedence over any other mental health directives I have previously executed, to the extent that they are inconsistent with this Living With Dementia Mental Health Advance Directive.

I understand that there are some circumstances where my provider may not have to follow my directive, specifically if compliance would be in violation of the law or accepted standards of care.

1. WHEN AND HOW LONG I WANT THIS DOCUMENT TO APPLY

(Initial only one – a., b., or c. – and draw a line through the others)

- a. _____ I intend that this directive become effective **immediately** upon signing and that it remains valid and in effect until revoked according to the terms specified in section 16 or until my death.
- b. _____ I intend that this directive become effective if I become incapacitated to the extent that I am unable to make informed consent decisions or provide informed consent for my care, as determined by my treating physician, and that it remain valid and in effect until revoked according to the terms specified in section 16 or until my death.
- c. _____ I intend that this directive become effective when any of the following circumstances, symptoms, or behaviors occur, and that it remain valid and in effect until revoked according to the terms specified in section 16 or until my death: (Initial all that apply, and draw a line through the rest.)
- (1) _____ I am no longer able to communicate verbally.
- (2) _____ I can no longer feed myself.
- (3) _____ I can no longer recognize my partner/spouse.
- (4) _____ I put myself or my family or others in danger because of my actions or behaviors.
- (5) _____ Other (describe): _____

ADVANCE
DIRECTIVE FOR
DEMENTIA

HOME

A Simple Way to Document the Medical Care

You Would Want If You Had Dementia

DOWNLOAD THE DEMENTIA DIRECTIVE FORM

INSTRUCTIONS

FAQS

RESOURCES

IN THE NEWS

An advance directive for dementia as featured in the [New York Times](#).

DOWNLOAD THE DIRECTIVE

What If I Had Dementia?

Planning for the future

Alzheimer's disease is one of the most common problems people face in their 70's and 80's. One of the most important things you can do is tell people who would be taking care of you what medical care you think you would want if you were to develop worsening dementia.

What is dementia? Over many years, people with Alzheimer's (and other forms of dementia) lose the ability to understand what is going on around them. In later stages, people with dementia no longer recognize people they know. They need help from others with their own basic body functions. At times they might still enjoy some experiences. At other times they can become angry and confused.

There is no cure for dementia. Gradually people lose the ability to speak, eat, and walk. Eventually people die from dementia, often from dementia-related pneumonia. This process can take anywhere from 5 years to 20 years.

One of the most important questions to consider is: what kind of medical care do you think you would want if you were to develop worsening dementia?

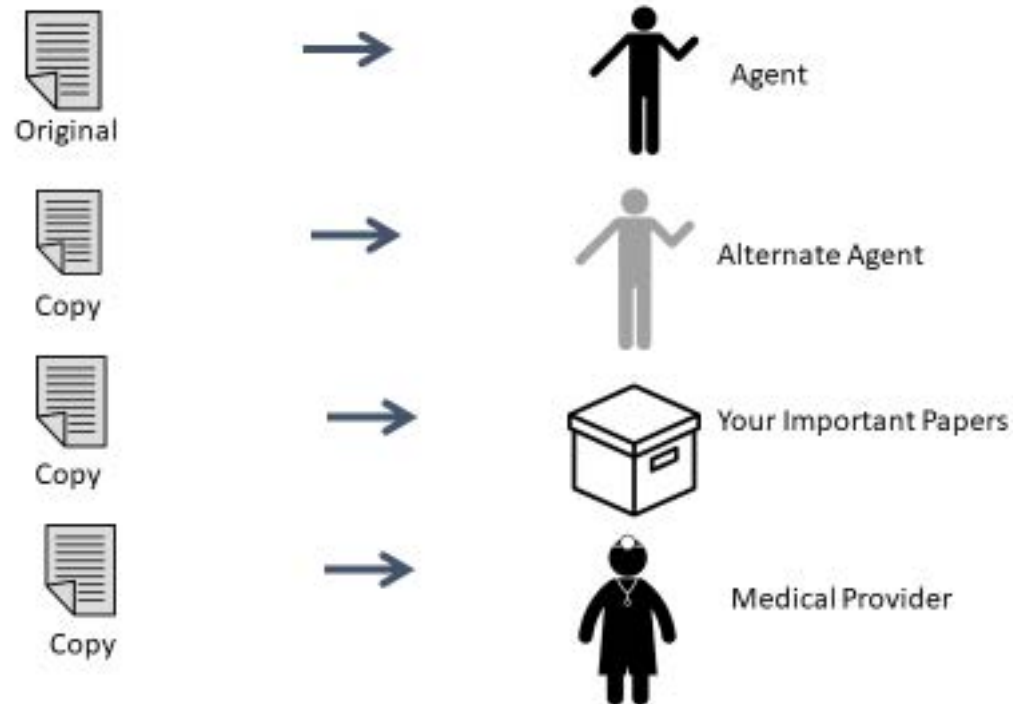
Why it is important to express your wishes. People with advancing dementia lose the ability to make decisions for themselves. Their families need to make medical decisions for them. Giving family members guidance about what type of care you would want can help ease the burden of their decision making and help you feel more secure that you will receive the care that you would want.

Some people may not want to give this type of guidance, but would rather trust their families to make decisions. For those people, this Directive may not be helpful. However, many people do want to provide some guidance for their family, even if it is hard to know exactly what your future situation might be.

What kinds of guidance can you give? You can say, ahead of time, what you would want the focus of your medical care to be. At what point would you still want everything done to keep you alive longer? At what point might you want only hospice-type care focused mainly on treating your symptoms and keeping you comfortable?



Notarized*



*Documents can be witnessed by 2 people instead, **BUT** witnesses cannot be a health care provider, a relative, or a person entitled to inherit.

POLST: Portable Orders for Life-Sustaining Treatment

HIPAA PERMITS DISCLOSURE OF POLST TO OTHER HEALTH CARE PROVIDERS AS NECESSARY

Washington
POLST
Portable Orders for Life-Sustaining Treatment
A Participating Program of National POLST

LAST NAME / FIRST NAME / MIDDLE NAME/INITIAL

DATE OF BIRTH / / GENDER (optional) PRONOUNS (optional)

This is a medical order. It must be completed with a medical professional. Completing a POLST is always voluntary.
IMPORTANT: See page 2 for complete instructions.

MEDICAL CONDITIONS/INDIVIDUAL GOALS: AGENCY INFO / PHONE (if applicable)

A Use of Cardiopulmonary Resuscitation (CPR): *When the individual has NO pulse and is not breathing.*
CHECK ONE
 YES – Attempt Resuscitation / CPR (choose FULL TREATMENT in Section B) When not in cardiopulmonary arrest, go to Section B.
 NO – Do Not Attempt Resuscitation (DNAR) / Allow Natural Death

B Level of Medical Interventions: *When the individual has a pulse and/or is breathing.*
CHECK ONE
Any of these treatment levels may be paired with DNAR / Allow Natural Death above.
 FULL TREATMENT – Primary goal is prolonging life by all medically effective means. Use intubation, advanced airway interventions, mechanical ventilation, and cardioversion as indicated. Includes care described below. Transfer to hospital if indicated. Includes intensive care.
 SELECTIVE TREATMENT – Primary goal is treating medical conditions while avoiding invasive measures whenever possible. Use medical treatment, IV fluids and medications, and cardiac monitor as indicated. Do not intubate. May use less invasive airway support (e.g., CPAP, BIPAP, high-flow oxygen). Includes care described below. Transfer to hospital if indicated. Avoid intensive care if possible.
 COMFORT-FOCUSED TREATMENT – Primary goal is maximizing comfort. Relieve pain and suffering with medication by any route as needed. Use oxygen, oral suction, and manual treatment of airway obstruction as needed for comfort. Individual prefers no transfer to hospital. EMS: consider contacting medical control to determine if transport is indicated to provide adequate comfort.
Additional orders (e.g., blood products, dialysis): _____

C Signatures: A legal medical decision maker (see page 2) may sign on behalf of an adult who is not able to make a choice. An individual who makes their own choice can ask a trusted adult to sign on their behalf, or clinician signature(s) can suffice as witnesses to verbal consent. A guardian or parent must sign for a person under the age of 18. Multiple parent/decision maker signatures are allowed but not required. Virtual, remote, and verbal consents and orders are addressed on page 2.

Discussed with:
 Individual Parent(s) of minor
 Guardian with health care authority
 Legal health care agent(s) by DPOA-HC
 Other medical decision maker by 7.70.065 RCW

SIGNATURE – MD/DO/ARNP/PA-C (mandatory) DATE (mandatory)
PRINT – NAME OF MD/DO/ARNP/PA-C (mandatory) PHONE

SIGNATURE(S) – INDIVIDUAL OR LEGAL MEDICAL DECISION MAKER(S) (mandatory) RELATIONSHIP DATE (mandatory)
PRINT – NAME OF INDIVIDUAL OR LEGAL MEDICAL DECISION MAKER(S) (mandatory) PHONE

Individual has: Durable Power of Attorney for Health Care Health Care Directive (Living Will)
Encourage all advance care planning documents to accompany POLST.

SEND ORIGINAL FORM WITH INDIVIDUAL WHENEVER TRANSFERRED OR DISCHARGED

WSMA Washington State Medical Association
Washington State Department of Health
All copies, digital images, faxes of signed POLST forms are valid. See page 2 for preferences regarding medically assisted nutrition. For more information on POLST, visit www.wsma.org/POLST.
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Capacity

- Comprehend legal documents?
- Understand consequences?
- Make rational decisions?



What happens if I don't choose a health care agent?

Washington State law lists who will make health care decisions for you if you cannot

The order for who will decide is:

A guardian appointed by the state



Named **health care agent** with health care decision-making authority in the advance directive



Your **spouse or registered domestic partner** (even if separated)



Your **adult children** *



Your **parents** *



Your **adult siblings** *



Your **adult grandchildren** *



Your **adult nieces & nephews** *



Your **adult aunts & uncles** *



A close friend who meets certain criteria *



***Any group that has more than one person: all in the group must agree to the care**



Scan for more information about the Washington State law



[/HonoringChoicesPNW](#)

[@HCPNW](#)

honoringchoicespnw.org

Washington State Health Association | [VNA Foundation](#)

Guardianship, Conservatorship, and Protective Arrangements



Resources

Dementia Legal Planning

Get connected to a legal professional

If you are a Washington State resident and need help navigating the completion of dementia legal documents, you may be able to connect with a legal professional who will guide you through them. Attorneys can help talk through:

- Powers of attorney for finances and health care
- Health care directives
- Dementia directive form

This program serves those who are 60 and over, people living with dementia of any age, or those under 60 with a family history of dementia. This free service is subject to capacity. Please note that the Dementia Legal Planning Project does not provide notarization (that part will be up to you).

To get started, you can call the Dementia Legal Planning (DLP) phoneline at **425-780-5589** or fill out the form below. If you call, please leave your name, contact information, and the best time to call you back. Someone from the Pro Bono Council will reach out to you shortly to connect you with services. Normal business hours are Monday through Friday, 9:00 a.m. to 5:00 p.m.

*** COMPLETING THIS FORM IS NOT A GUARANTEE THAT SERVICES WILL BE OFFERED OR PROVIDED***

This service intake form is only for assistance with completing the legal and advance care planning forms mentioned above. Unfortunately, **we do not have enough staff to respond to requests for other services.**





**Dementia
Legal
Planning**

For free legal help with the documents in this toolkit

Including Power of Attorney for Finance,
Power of Attorney for Health Care,
Health Care Directive, and Dementia Directive

**Washington State Residents can contact
the Dementia Legal Planning Program at**

425-780-5589

<https://dementialegalplanning.org/>



This program is funded, on behalf of the Dementia Action Collaborative, by the Aging and Long-Term Support Administration/DSHS.



Senior Rights Assistance

Senior Rights Assistance empowers people to utilize their legal rights by providing expert advice free of charge. Topics we help with include Estate Planning, Power of Attorney, Probate, and Guardianship.

If you'd like to speak with an attorney, you may also schedule a free, 30-minute appointment through the Elder Law Clinic — a partnership between Sound Generations and the King County Bar Association. Attorneys at the Elder Law Clinic are available to discuss Power of Attorney, Guardianship, Wills, and Estate Planning. Appointments are available in Seattle or Kent.

To seek advice from one of our highly-trained specialists, set up an appointment with an attorney, or inquire about a free, basic will, call 206.448.5720 or Toll Free 1-888.435.3377, or email info@soundgenerations.org.

Our business hours are Monday – Friday, 9 AM – 4 PM.

[NOTICE](#)
[INCIDENT](#)

[Inspire Award](#)

Is there a
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[informat](#)



- **CLEAR Hotline:** 1-888-201-1014 weekdays 9:15 am-12:15 pm (* **King County call 2-1-1**)
- **Eviction:** 1-855-657-8387
- **Foreclosure:** 1-800-606-4819
- **Deaf, hard of hearing or speech impaired** call using the relay service of their choice.
- Apply Online: www.nwjustice.org/get-legal-help

A stylized, light gray computer monitor is centered on a white background. The monitor has a wide, flat base and a thin bezel. On the screen, the text "WashingtonLawHelp.org" is displayed in a sans-serif font. "Washington" is in blue, "Law" is in black, "Help" is in green, and ".org" is in black. The monitor's bezel features a small white circle in the center and four small white dots on the right side.

WashingtonLawHelp.org

Questions?