



Five Wishes, Week 3 Wish 3 – Questions & Answers

Q: What language do I use to express my wishes for my hospice provider.

A: I am exercising my power of choice and I choose Yolo Hospice for my hospice provider. Don't be shy about asking for hospice. "Hospice was a gift and I wish we had it earlier." Healthcare providers are often reluctant to bring up hospice because they are not certain the family is ready.

Q: My mother wants to know the legal ramifications if she puts, into writing with a signature as part of her Five Wishes, that she reserves the right to decline food/water if she no longer is able to have a certain quality of life. My concern, as her caregiver, is how she would write this to protect me from "elder abuse" charges. How can I give her this option if dementia is involved, etc. I know that if she is still able to communicate, this is not an issue. I can offer food/water, she can decline to take it. Our family has had extensive discussions regarding this. Please advise.

A: Declining food and water – Wish 2 and the definition of life support treatment. Have her list the specifics of her food and water needs. So much of it depends on the patients condition and the conversation around the AHD.

Q: Other than my doctor, where can I get more ideas and language for what to put in section two, e.g., use of particular medical techniques or devices, especially in light of covid-19.

A: The best option is still to seek some counsel and guidance to find the language for specific choices. The definition that is written there is a broad definition that includes all the medical and legal guidance for most state laws. Most of the language is already included in that definition so it's a good place to start. Also, talk to your healthcare provider using the language: I am exercising my choice for my hospice provider and I choose XXX.

Q: I am filling in the PDF, but I assume the boxes for comments do not expand; correct? So I am typing additional comments onto a separate Word doc, but how do I incorporate those Word docs into the fillable PDF?

A: Just print them all and staple them before you sign the hard copy.

Q: I have a previous AHD, can I combine pages from this form with yours?

A: Yes, you can. It's your document.

Q: In lieu of "crossing out", I place an "X" in the box, correct?

Q: If filling out the form online, is there a way to cross out part of a statement?

Q: I can't cross out anything in Wish 3. Computer won't let me do. Do I need to convert this file to something else?

A: For the fillable PDF, you can only cross out whole documents. If there are portions of the statement you wish to cross out, wait until you print it for signing then use a pen to cross out the portions you wish to say no to.

Anything that you cannot complete in the fillable PDF can be completed once printed with a pen.



Q: I am a Kaiser patient. Five Wishes and my Word docs are hard copy. They maintain electronic records. I can't imagine my doc will be excited about getting something from me in hard copy?

A: Kaiser will add your hard copy Five Wishes to your medical records file. Talk with your physician. My physician was very appreciative of this work.

Q: If I change my previous 5 Wishes document slightly after it is witnessed, do I need to do a brand new document and get it witnessed again?

A: It depends on which wishes you are changing. If it's 1 or 2, you will want to redo it. If it's 3, 4 or 5

Q: Is hospice care covered under most Kaiser policies and/or Long Term Care insurance?

A: Hospice is covered under Medicare A – all is covered. Hospice is mandated to allow the power of choice for the participant.

Q: How do I modify my existing ADH? The modifications are minor.

A: If you are updating your document, whether it's Five Wishes or other, with changes to the legal section, Wish 1 or 2, you should fill out a new form. If it's 3, 4 or 5, you can amend it without filling a new document – in the margins then initial and date it.

Q: will you please talk more about pain options with some lungees to help us be more specific.

A: Here are some discussion prompts: My biggest hope is...; my biggest fear is...; the thing(s) I want to avoid are...?

If there isn't one big thing that you want to say, that is your answer – you don't have specifics.

Q: What addresses long term dementia?

A: Wish 1 & 2 are important decision points but Wish 3 absolutely comes into play for long-term dementia. As we are talking about comfort care, this will help your family provide the comfort you need. Small, practical items (Wish 3) can make all the difference in the world. They might seem small as you are thinking about it, but for family members, those nuggets of information of what's meaningful to you will mean the world.

Q: Do you need to be on Medicare for hospice services?

A: The major payer of hospice services is Medicare. Some are Medical and some commercial insurance also cover hospice. Yolo Hospice is non-profit, and we do not deny service to anyone regardless of their ability to pay.

Q: With dementia, can health care agent refuse treatment of pneumonia or other infection?

A: Points to Wish 2, specifically if there are conditions you wish to give directions on – Physicians Order for Life Sustaining Treatment (POLST) can also help with these situations. Please contact your doctor for assistance on this one.

Yes, a healthcare agent can make medical decisions if they are acting as your healthcare agent. You have named them as your HCA and you are no longer able to make your own medical decisions.



Q: How about giving copies of my Five Wishes to family members in addition to discussing wishes with them?

A: Yes, it is a good idea to do both – share the document and have the conversation with them to make sure your wishes are clear and understood.

Q: How can I get a blank pdf of 5 Wishes for my parents if they don't participate in the webinar series? My copy won't let me delete my name.

A: Five Wishes (fivewishes.org) has the document available on their website – you can purchase it as a gift and send it to them.

Additionally, please have your loved on contact Kenia Miller at kmiller@yolohospice.org for assistance with a form.