



Care and Choice at the End of Life

How can Compassion & Choices support social workers?

At Compassion & Choices we know that having conversations with clients about end-of-life matters can be challenging. We offer resources that can help social workers talk openly with clients about their choices and options.

Advance Planning:

Making plans and communicating them is absolutely necessary to ensure clients get what they want – and avoid enduring anything they don't – at the end of life, even if they are unable to speak for themselves.

The Compassion & Choices website offers many resources to help with Advance Planning, including:

- A comprehensive **Good-to-Go Resource Guide** that walks people through the decision-making process
- A **values worksheet** with questions to clarify end-of-life wishes
- A special **dementia provision** for those concerned about dementia
- Links to copies of **advance directives** for every state

Visit our website at <http://www.compassionandchoices.org/what-we-do/your-important-documents/>

End-of-Life Options:

Our End-of-Life Consultation program offers free, confidential, professional support throughout the country.

For **mentally competent adults** who want to face the end of life in relative comfort and in harmony with their values, there are options supported in law and medicine throughout the nation.

Our counselors are available to discuss the following options:

- Hospice care
- Pain and symptom management
- Stopping medical therapy
- Palliative sedation
- Voluntary stopping of eating and drinking (VSED)

Call our End-of-Life Consultation program at 1-800-247-7421.

“As a social worker, I'm also an advocate for the work Compassion & Choices does. This work embodies the same values important to the social work profession: dignity, access and empowerment. It's relevant to millions, especially as more adult children become caregivers of aging parents and consequently think about their own choices in the future.”

- Compassion & Choices member and clinical social worker Merri Lea Shaw