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# Life Care Planning and End of Life Resources in Arizona

Planning for a health crisis can be overwhelming and stressful, but it's important to have legal documents filled out that say what you want to happen if there is an emergency and you cannot make decisions on your own.

These documents are called [advance directives](#) and have several parts. The first one is a Living Will. This is where you write down how much medical care you want if you can't let people know what you want, for example, if you are in a coma. You can choose every treatment there is, just medication for pain, or anything in between.

It would be difficult to think of every possibility, so you can also choose a person to make other decisions for you. You will need to fill out forms for a Durable Health Care Power of Attorney and a Durable Mental Health Care Power of Attorney.

After you have made these decisions and filled out the paperwork, it is important to share them with your loved ones, doctors, and the person you have chosen as your power of attorney. It is also recommended that copies of these forms are stored with the Arizona Secretary of State's [Arizona Advance Directive Registry](#). These forms should be reviewed every year and can be changed at any time.

The organization [Five Wishes](#) encourages people to think about what they want from their family and friends after they die. The documents available on their website are legally accepted in Arizona. If you write down whether you want to be buried or cremated, your family won't have to guess or argue about it. You can also write down other things, like what songs you would like to be played at your memorial service.

The links below are to services found in the 2-1-1 Arizona database. Select a link and add a location under Custom Search at the top.

## PLANNING RESOURCES:

- [Estate Planning Assistance](#)
- [Pre-Paid Funeral Options Information](#)
- [Blood, Body & Organ Donation](#)

## **RESOURCES FOR FAMILY AND FRIENDS:**

- [Grief & Bereavement Counseling](#)
- [Grief & Bereavement Support Groups](#)

## **FOR MORE INFORMATION:**

- The [Arizona End of Life Care Partnership](#) is a group working to change the way people talk about and plan for death and dying. They provide free workshops for the community and for professionals. Their website provides various educational videos and links to additional resources.
- The [Thoughtful Life Conversations](#) website provides links to end of life data and information about current legislation.

SOURCES: Arizona Attorney General; Arizona Hospital & Healthcare Association; Arizona Secretary of State; National Hospice & Palliative Care Organization; Neptune Society; United States Department of Health and Human Services, National Institutes of Health, National Institute on Aging

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