

## Informational Materials for Individuals, Families and Guardians

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This information is provided to you to support you in having discussions with individuals and families. If you find that a guardian wishes to read or view information on one of these topics, please share the information. The University of New Mexico Continuum of Care (COC) is available to individuals and guardians for consultation on end of life decisions. The phone number for COC is (505) 925-2350 or toll free 1 (877) 684-5259. The first page of this document provides forms for your use. The second page contains links to informational materials.

Please see the DDS website for the Decision Consultation form and information on its use.

### [Advance Healthcare Directives](#)

An advance directive is a form and authorization that allows you to direct physicians to withhold or withdraw life-sustaining treatment. An advance directive is used when you have an illness that is an irreversible or incurable condition. They allow you to tell doctors and those close to you what you wish to be done should you need life sustaining treatment. If you don't have an advance directive, doctors may use machines, such as respirators, to keep you alive.

Information from the University of New Mexico Center Institute for Ethics

<http://hscethics.unm.edu/directives/index.html>

**Printable forms** that can provide instructions about your own health care and/or name someone else to make health care decisions for you if you are unable to make decisions for yourself.

- [Optional Advance Healthcare Directive](#) | [\(Español\)](#) | [\(Vietnamese\)](#)
- [Advance Directive for Mental Health Treatment](#)
- [Mental Health Care Treatment Decisions Act](#)
- [Uniform Health Care Decisions Act](#)
- [Patient Self Determination Act](#)

**When Emergency Services (911) are called, the medical personnel will do CPR in the ambulance without an Emergency Services Do Not Resuscitate Form. Individuals/families may wish to also put this directive in place.**

Emergency Medical Services (EMS) Do Not Resuscitate Form - English

<https://nmhealth.org/publication/view/form/1917/>

Emergency Medical Services (EMS) Do Not Resuscitate Form - Spanish

<https://nmhealth.org/publication/view/form/1918/>

The New Mexico Medical Orders for Scope of Treatment, “NM MOST” is an approach to end of life planning based on conversations between patients, their loved ones, and healthcare professionals designed to ensure that seriously ill patients can choose the treatments they want or do not want and that their wishes are documented and honored. It translates care preferences into a set of medical orders that can be understood and honored across all care settings.

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## Information on NM MOST

<http://www.nmmost.org/index.php>

The NM MOST form – English

<http://www.nmmost.org/dlform.php>

**The Five Wishes form may be used as the advance directive and is accepted in New Mexico. The five wishes is available in 26 languages on the site below. (If you have difficulty using the link, try a different internet browser.) This form guides individuals through the following topics:**

1. **The person I want to make decisions for me when I can't**
2. **The kind of medical treatment I want and don't**
3. **How comfortable I want to be**
4. **How I want people to treat me**
5. **What I want my loved ones to know.**

<https://www.agingwithdignity.org/>

## [End of Life Information Resources](#)

You may choose from a variety of written or video materials.

<http://coc.unm.edu/resources/articles.html>

Articles on the following topics:

- [Humanizing End-of-Life Care COC Part 1](#)
- [Humanizing End-of-Life Care COC Part 2](#)
- [Paving the Way](#)
- [Dying A Natural Process Parts 1 & 2](#)
- [Until The Last Breath](#) (recommended for case managers and IDT's)

April 29, 2011 training titled "End of Life Issues for Persons with I/DD"

<http://coc.unm.edu/resources/video-dvd.html>

## **Video files from a University of New Mexico training**

"End of Life -- We Are All Going to Get There" by Alya Reeve, MD, MPH

"When the Time Comes: Collaborative Practices for End of Life Care" by Jan Jahner, BSN, RN-BC, CHPN

"Grief & Loss Awareness for I/DD Population & Caregivers" by Mary Gray, BA

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"Advocating for Peace of Mind" by Ingrid M Nelson, MS

"Effectiveness Advocacy in Long-Term Care Settings: A Team Approach" by  
Shannon Cupka, M.Ed

"Case Study Discussion with Q&A Session" by All Presenters

### **End of Life Decision-Making for Adults with Significant IDD**

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<https://dds.dc.gov/publication/end-life-decision-making-adults-significant-idd>

### **Thinking Ahead: My Way, My Choice, My Life at the End**

**This resource was created by California and advocated for persons with developmental disabilities. It contains a workbook and videos to assist people in making decisions about the end of their life. The information is available in English, Spanish and Chinese.**

<http://www.dds.ca.gov/ConsumerCorner/ThinkingAhead.cfm>

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- Video 1: [Thinking Ahead: My Way, My Choice, My Life at the End](#)  
This video explains how to complete the workbook in three languages (English, Spanish, and Chinese).
  - Video 2: [Thinking Ahead: Betty & Connie Talk About Their Choices](#)  
Conversations with two California advocates about their personal experiences.
  - Video 3: [Thinking Ahead - The Importance of End of Life Planning](#)  
This video gives an overview on the "Thinking Ahead" materials, with a commentary by Judy Citko, Director of the California Coalition for Compassionate Care.
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