

She Made Her Own Decisions for Her End of Life

"It is important to know that only you are in control of your life's destiny and through Advance Care Planning, your end of life destiny will also be fulfilled."

Julie Perry

This November will be three years since my mom died; it is truly hard to believe that I have not spoken with her since. Our relationship was open, loving and frank. We talked everyday, and talked about just about everything. As her health diminished, and she was in and out of the hospital more often, I felt it was not only **VITALLY** important to discuss what she wanted after she died, but how she wanted to go.

With the green light from Mom she agreed to complete her advanced care directives / MOLST, which gave her the peace of mind that her wishes would be carried out.

Little did I know that just a few months later Mom would be hospitalized for her final time.

Because my mom had made her end of life wishes known, her family as well as her health care providers knew what she wanted when the time came. **There was no confusion, decisions, conflict or guilt on what to do. My mom... who always had control in her life decisions, made her own decisions for her end of life.**

With media attention on health care reform today more than ever, regardless of your position on the subject, it is important to know that only you are in control of your life's destiny and through Advance Care Planning, your end of life destiny will also be fulfilled.