

I RESOLVE TO.....

PARKINSONS SUPPORT GROUP OF LARIMER
COUNTY

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PALLIATIVE CARE COMMUNITY SPECIALIST

CLASSIC RESOLUTIONS

DIET OR EAT HEALTHIER – 71%

EXERCISE MORE – 65%

LOSE WEIGHT – 54%

SAVE MORE, SPEND LESS – 32%

LEARN A NEW SKILL/HOBBY - 26%

QUIT SMOKING – 21%

READ MORE – 17%

(INC.COM; PETER-ECONOMY, 2019)



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DEFINITIONS:

A RESOLUTION: A **FIRM** DECISION TO DO OR NOT DO SOMETHING

RESOLVE: FIND A SOLUTION; DECIDE **FIRMLY** ON A COURSE OF ACTION

FIRM: SOLID, UNYIELDING

STRENGTHEN YOUR RESOLVE



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STRENGTHEN OUR RESOLVE

PRIORITIZE

- TAKE YOUR TIME CHOOSING YOUR RESOLUTIONS

LOOK

- FOR INSPIRATION

BUILD

- A SUPPORT AND ACCOUNTABILITY SYSTEM

KNOW

- YOURSELF, YOUR STRENGTHS

CAPITALIZE

- ON PAST SUCCESSES

PSGLC MISSION STATEMENT

WE BELIEVE WE HAVE THE POWER TO EXERCISE SOME MEASURE OF CONTROL OVER THE COURSE OF OUR PARKINSON'S DISEASE. WE PRACTICE AN UPBEAT ATTITUDE, CONSISTENT EXERCISE, ON-GOING EDUCATION AND MUTUAL SUPPORT



SET SMART RESOLUTIONS

S – SPECIFIC

M – MEASURABLE

A – ACHIEVABLE

R – RELEVANT

T – TIME BOUND

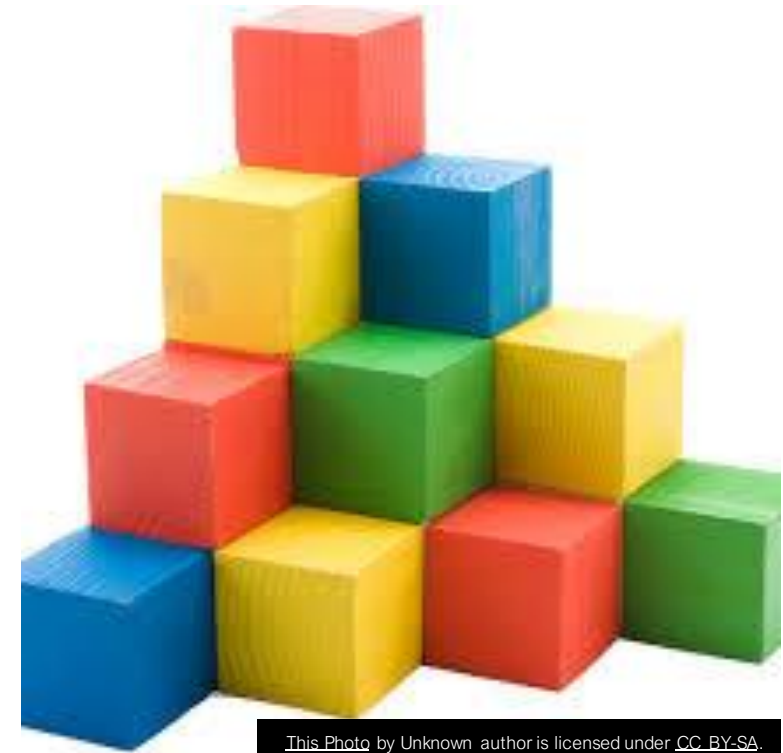
ANATOMY OF A RESOLUTION

W -- WISH

O -- OUTCOME

O -- OBSTACLE

P -- PLAN



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CATEGORIES

FINANCIAL/LEGAL

SAFETY

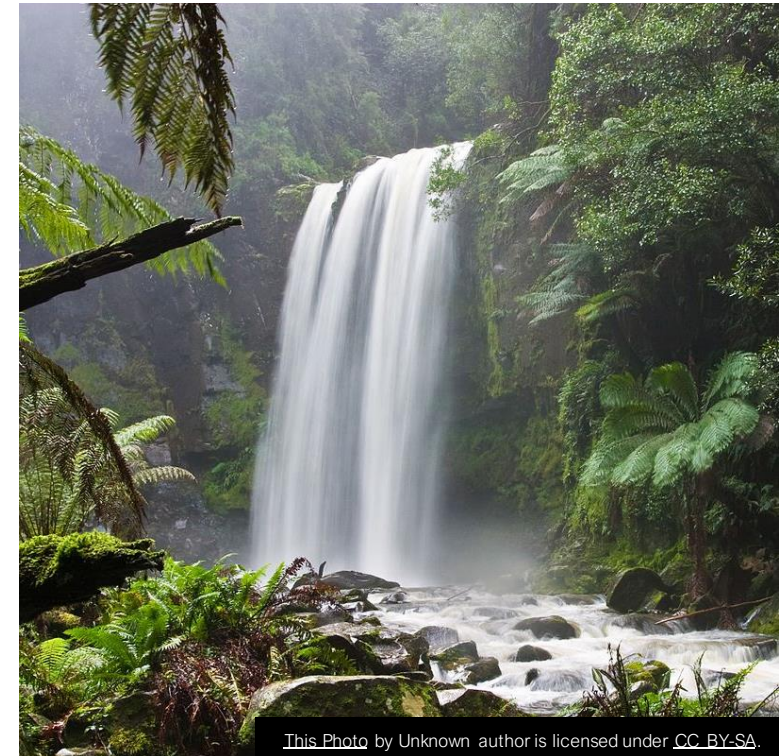
RELATIONSHIPS/SOCIAL

MENTAL/EMOTIONAL/SPIRITUAL

PRACTICAL

LEGACY

HEALTHCARE



FINANCIAL/LEGAL

CONSIDER WHAT YOU OWN AND WHAT YOU OWE

ESTATE PLAN

GENERAL POA

BENEFICIARIES/POD

TAX PLANNING

LAST WILL AND TESTAMENT/TRUSTS/PROPERTY

MEMORANDUM OF DISTRIBUTION

LAWYER/FINANCIAL PLANNER



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SAFETY

DISASTER EVACUATION PLAN

IDENTITY THEFT

CYBERCRIME

HOME SAFETY

DRIVING

FALL PREVENTION



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SOCIAL/RELATIONSHIPS

CONNECT SOCIALLY

VOLUNTEER

BE A MENTOR/ADVOCATE

GET A MENTOR/ADVOCATE

RECONCILIATION



MENTAL/EMOTIONAL/SPIRITUAL

LEARN A NEW SKILL

READ

WRITE

ENGAGE

SEEK COUNSEL

PRACTICAL

DOWNSIZE/DECLUTTER

ORGANIZE

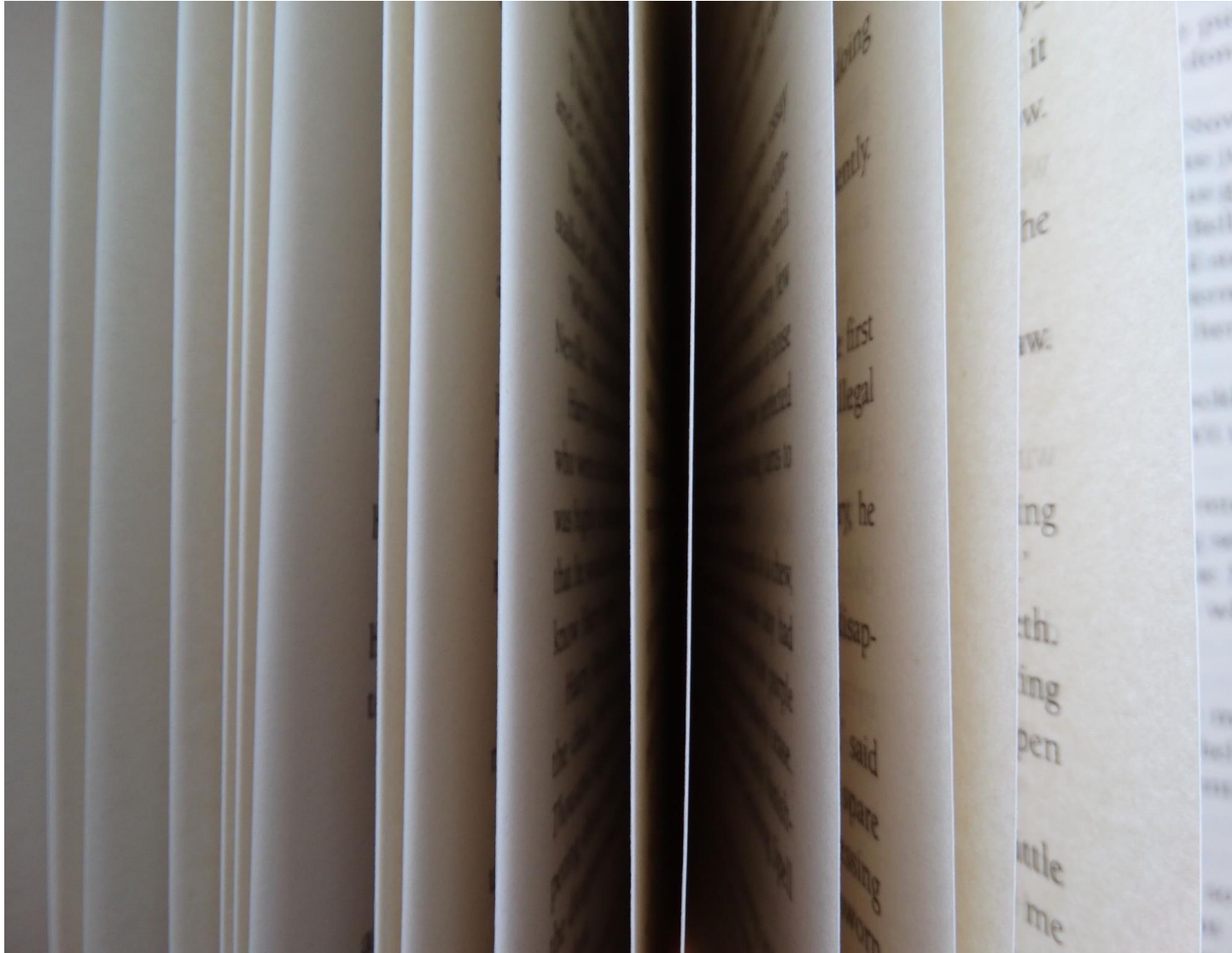
PASSWORDS/ACCESS

BUDGET

MEAL PLANNING

DIGITAL STORAGE





LEGACY

WRITE MEMOIR

ETHICAL WILL

LOVE LETTERS

ENGAGE IN LIFE REVIEW



HEALTHCARE

PHYSICAL CARE – EXERCISE, SLEEP, DIET, MED
REVIEW

FIND PROVIDERS/INSURANCE

RESEARCH

ADVANCE CARE PLANNING

REVIEW/CREATE ADVANCE DIRECTIVES

TALK TO YOUR MDPOA/AGENT

SHARE, SHARE, SHARE

ADVANCE CARE PLANNING

A PROCESS

PLANNING TOOL, INCLUDES DECISION AIDS THAT

- HAVE AN EDUCATIONAL COMPONENT
- HELP YOU CONSIDER YOUR GOALS OF CARE
- PROVIDE A STRUCTURED APPROACH TO THINKING ABOUT CHOICES
- A MEANS OF COMMUNICATING THOSE CHOICES

- EXAMPLES



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ADVANCE DIRECTIVE

LEGAL DOCUMENT

MDPOA

LIVING WILL

"MOST" FORM



CONSIDER CPR/DNR

CPR – A PROCEDURE FOR TRYING TO REVIVE A PERSON WHOSE HEART OR BREATHING HAS STOPPED

DNR – DO NOT RESUSCITATE – AN ORDER SIGNED BY A PHYSICIAN DIRECTING HEALTHCARE PERSONNEL TO NOT PERFORM CPR

CPR DIRECTIVE – TELLS EMERGENCY PERSONNEL TO NOT PERFORM CPR IN THE COMMUNITY

HEALTHCARE W.O.O.P.

W – COMPLETE MY ADVANCE CARE PLANNING

O – I CAN PLAN, I CAN COMMUNICATE, I HAVE THE POWER

O – RESOURCES, HELP, PERSPECTIVE

P – REACH OUT, START THE CONVERSATION

MAKE IT SMART



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SUMMARY – I RESOLVE TO..

REFLECT (strengths, priorities, best outcomes)

RECRUIT (community)

REACH OUT (mentor, utilize resources)



SUMMARY - HEALTHCARE

1

YOU CAN HAVE
A SAY IN YOUR
CARE

2

HAVE A VOICE,
MAKE AN
INFORMED
CHOICE

3

TALK EARLY,
TALK OFTEN



RESOURCES

LOCAL

STATE

NATIONAL

IN PERSON

HARD COPY

ON-LINE

www.parkinson.org – Resources for understanding and living with Parkinson's, including research and ways to get involved

<https://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support/Patient-Safety-Kit/Kit-Contents> - Offers a variety of kits to help with hospital action plans and medication safety

www.larimerhealthconnect.org – For help with health insurance

<https://www.uchealth.org/services/community-health/aspden-club/> - safe driving resources, fall prevention assessments and workshops, pain management, health screenings, plus more (Sign up for the newsletter!)

www.healthdistrict.org/larimer-advance-care-planning (970/482-1909) – No charge – helps you create, notarize, and distribute advance directives. Partners with UCHealth Aspen Club, UCHealth Medical Group, Palliative Care Team @ UCHealth, Larimer County Office on Aging, and Sharing the Care Campaign in Northern Colorado

www.coloroadvancedirectives.com – Colorado Advance Directives Consortium, [links to Colorado Hospital Association's Publication – Your Right to Make Healthcare Decisions](#) (includes CO forms); **Caring Connections** – National Hospice and Palliative Care (NHPCO); and the **Conversation Project** - free starter kits to help you to loved ones and doctors about your desires for end-of-life care

www.planyourlifespan.org – Helps bridge the gap between your hopes for successfully aging in place and the reality of the possibility of increasing dependence. Plan for preferences re: need for skilled nursing home placement or hospitalization, emergency contacts, what to do with falls or dementia

www.fivewishes.org – Advance Directive with information for your medical, personal, emotional, and spiritual preferences

<https://www.prepareforyourcare.org> – Is State-specific. Forms for choosing a decision-maker, and preferences for healthcare in your current state of health and for end of life. Easy to understand educational section

www.mydirectives.com/?MyD – On-line storage of your Advance Directives