List of Resources for a Timely, Peaceful Transition

• If you do NOT want to linger in Advanced Dementia or another terminal illness...
• If you DO want total relief from unending, unbearable pain and suffering...
• If you also want to reduce the stress and suffering of your loved ones...
• If you want a timely and peaceful transition that preserves your privacy and dignity, and avoids conflicts and delays if you are suffering...

The YouTube.com/DrTerman "channel" has over 50 videos for personal viewing. [Contact Caring Advocates to obtain permission for public showings.]

General and Recent videos:

Why Dr. Terman dedicates his psychiatric/bioethics career to Plan Now Die Later to Live Longer,—especially if they face the future prospect of the huge challenges presented by Advanced Dementia or of unending, unbearable pain and suffering? (7 min. 5/22/15) https://youtu.be/X_0BmyrJNR4

Is Natural Dying legal, moral, consistent with religions & Saturday Night Live? Asks Dr. Stan Terman People who fear becoming stuck in Advanced Dementia sometimes hasten their dying prematurely. (3 min. 5/5/15) https://youtu.be/XiQUceyjAZA


Why did Robin Williams decide to end his life when he did? A timing question by Dr. Stanley A Terman. As we miss Robin Williams, most of us want to understand: Why did he commit suicide? And, why did he decide to end his life when he did? (6 min. 5/1/15) https://youtu.be/vgwyoRt5uil

Fear of violence from dementia people. Michael Ellenbogen interview. Michael Ellenbogen has Young/Early Onset Dementia. This interview touches on the need to be careful about mentioning events that can cause fear . . . (19 min. 4/29/15) https://youtu.be/35DZ6wvFe6k

If sex requires prior consent for vulnerable dementia patients, shouldn’t spoon-feeding, also? Lively discussions about SEX: Yeah, of course! About spoon-feeding: --Lively? Are you kidding? (4 min. 4/17/15) https://youtu.be/Ey-I1uE-3VA

If Advanced Dementia will be unbearable-The Best Way to Say Goodbye.Six.Strategic.Levels.Terman Goal #1: How to avoid prolonged dying in Advanced Dementia. Goal #2: Learn that premature dying is NOT necessary to attain Goal #1. (25 min. 4/17/15) https://youtu.be/AE2uT_FN7Bg

If PAIN is unbearable at the end of life-The Best Way to Say Goodbye: Six Strategic Levels. Sometimes, patients are not effectively treated for unbearable end-of-life pain and suffering . . . (8 min. 4/16/15) https://youtu.be/ZCP6zE3bdGI


"Deadly Alzheimer's Myth" (DAM): 3 right-to-die pioneers wrongly state premature dying is necessary.” Must dementia patients kill themselves in the early stage of their disease so they can die peacefully? (10 min. 3/18/15) https://youtu.be/XqUpLrTK8BM

Living with Advanced Dementia—What it is really like for patients, loved ones, caregivers? A 14–minute glimpse of why Advanced Dementia considered the most cruel, most burdensome, and most prolonged of any terminal illness—for patients, loved ones, and caregivers? (14 min. 12/16/14) youtu.be/WXZAKtlE69s

The BEST WAY to Say Goodbye if living with end-of-life pain or Advanced Dementia. How to live longer. Did Robin Williams and Brittany Maynard and others hasten their dying because they feared a future where they would no longer have control over their unbearable pain or prolonged dying with the indignity and dependency of dementia?(64 min. 11/1/14)
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Advanced Dementia patient--unable to complain--suffered pain from second degree coffee spill burn. A dementia patient suffered for two days in severe pain because she did not have the ability to express her pain. (33 sec. 3/5/15) https://youtu.be/-6FkR-9jhQ0

Must we all die with forced hand-feeding in Advanced Dementia? Will others honor our Living Will? Presentation to American Society for Bioethics and Humanities (expanded). (37 min. 10/24/2014) https://youtu.be/W1um3BYdhoc (slides are available upon request). (Level: somewhat advanced.)

If his life depends on thickened liquid-food, Michael Ellenbogen NEVER wants it in Advanced Dementia (6 min. 2/23/15) https://youtu.be/GhnYXHupMYE

Lost, not found in Alzheimer’s—important, timely & relevant lessons in Meryl Comer’s revealing book. “Slow Dancing with a Stranger” reviewed for San Diego Dementia Consortium and Ethics Committee at San Diego Veterans Hospital; edited to avoid redundancy. (31 min. 10/16/14) https://youtu.be/Yxv6ke9jdVY

Casey Kasem’s Living Will did not work for Dementia. How to make sure your Advance Directive works. Presentation to San Diego Dementia Consortium. (22 min. 6/18/14). https://youtu.be/UGJ7GYsSkKs


DNR or CPR or What? What to ask for when considering “Do Not Attempt Resuscitation”:

My special DNR: CPR with NO Chest Compressions, only if attempt begins within 4 minutes of my arrest (1 min. 2014). https://youtu.be/08hy1pTJ79E

Please Try To Save My Life. A personal example. (4 min. 2012) https://youtu.be/kMhUrNMUCgo

Try To Save My Life. What Your Doctor May NOT Tell You About DNR Orders and Living Wills.712 (13 min. 7/12). For your safety—if you have a Living Will or a DNR order—to avoid clinicians’ misinterpretation. Fine points about DNR orders. https://youtu.be/1Y4RUbeFY5o.

The steps you can take, to complete an end-of-life “Ironclad Strategy”:


Dr. Stanley Terman's Opinion About a Patient's Mental Capacity to Make Treatment Decisions. (1 min. 1/2012). https://youtu.be/vbL1RGlRjm8

For a good death--unlike my Alzheimer's relatives: a Natural Dying-Living Will & Ironclad Strategy (38 min. 7/2012). http://youtu.be/3heQO0nK-mE

On creating effective Living Wills by sorting My Way Cards/Natural Dying Cards—for yourself or for others:

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For a Living Will Effective for Dementia & Terminal Illnesses, Sort Natural Dying Living Cards (17 min. 11/2011). http://youtu.be/i_hS51AcYmk


Why I Changed My Mind--From Natural Dying to Treat & Feed--for Certain Symptoms of Advanced Dementia (20 min. 8/2012). http://youtu.be/qA0TQS1Pmwk (an interview to create a Living Will)

For Loved Ones with NO or Vague Living Wills: Making End-of-Life Decisions if There’s No Plug to Pull (37 min. 11/2012). http://youtu.be/24jRy7vDfc8; Introduces “Consensus of Substituted Judgment.”

The “Dementia Fear” and its worst consequence: premature dying:


When We Die: Does physician-assisted suicide/dying always mean dying is timely?(30 min. 10/2011). http://youtu.be/wmy8d5zywoY (A critique of Sir Terry Pratchett’s advice to die earlier)

For professionals and interested others:


What Guides Clinicians' Conversations with Patients about Living Wills, POLST forms & Natural Dying? (47 min. 9/2012) http://youtu.be/S_x0agHADTU; Lively Q & A discussion (45 min.) http://youtu.be/8zd4Q2TDFmw

Advanced Training for Advance Care Planning esp Advanced Dementia 12 712 (16 min. 7/2012). http://youtu.be/p9tBLMxUYzs

To Prevent Prolonged Dying & Pain in Dementia & Terminal Illnesses.I.Challenges.25.X11.wmv (30 min. 10/2011). http://youtu.be/dW3hxUWiPzU [Due to space limitations, Pages 3 & 4: avail. on request]


For UK residents: To Prevent Prolonged Dying & Pain in Alzheimer's Dementia & Terminal Illnesses.29 (37 min. 11/2011). http://youtu.be/Iwd18wCVJg8

Mainly for historical interest:

Toward an Ironclad Plan for Dementia 2006 Stanley Terman X11 http://youtu.be/mN3HYIXWQbs (53 min. 2006) (Dr. Terman’s first public presentation on this topic was in Toronto.)

Books

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The BEST WAY to Say Goodbye: A Legal Peaceful Choice at the End of Life (2007).

Peaceful Transitions provides detailed information about the oppositions’ challenges and strategies to overcome them; how to complete strategic forms; guest essays; sample arguments; recommendations on how to select a trustworthy proxy; and a private way to find out if one might have “a little” dementia. Visit: www.PeacefulTransitions.com.

Recent Articles


Illustrated Cards for Advance Care Planning

My Way Cards for Natural Dying or Natural Dying Living Will Cards is a new Advance Care Planning tool. The “deck” of reusable cards includes instructions on how to sort the cards and send in your choices to generate your personal Living Will… You can sort the illustrated cards to decide about one symptom at a time to let others know IF and WHEN you would want Natural Dying. More info is at: www.MyWayCards.org or www.NaturalDyingCards.org.

The “Ironclad Strategy”

These clinical and strategic forms work with most other Living Wills and state’s required forms:

1. Natural Dying—Living Will (generated by sorting My Way Cards/Natural Dying Living Will Cards);
2. Natural Dying Advance Directive combined with the Natural Dying Physician’s Orders;
3. Consent Form to Relieve Unbearable Pain by Palliative Sedation;
4. Natural Dying Agreement & Natural Dying Affidavit—strategic forms based on the statutes and case law;
5. Natural Dying Organ Donation Form (Optional) and Natural Dying Explanation and Commitment (for skilled nursing and assisted living facilities); and,
6. Designation of Proxies/Agents; Specifying their Authority.

How emergency clinicians and physicians can quickly learn your specific wishes (retrieve forms and videos):

The www.MyLastWishes.org Program is a national registry that stores your forms and videos for rapid retrieval by clinicians who can use smartphones, tablets, or computers to view, download, print, or fax your clinical and strategic forms and view the videos you and your physician or others created. The program is designed to further these goals: to avoid unwanted treatment; to increase your chances of surviving a medical emergency; to provide your contact information, address and map (if you get lost); and to display videos to convince others to HONOR your Last Wishes if the time has come for you to attain have a timely, peaceful transition.
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We are conducting a number of research surveys; for example: “The Encourage Survey”

Will you take the “ENCOURAGE Survey”?

Most surveys ask you about WHAT YOU KNOW and for YOUR OPINIONS.
This survey also INFORMS you about important facts, which you may not already know.

Then the survey asks:
“Do you intend to ACT?”

Will this survey ENCOURAGE you to complete your Living Will?
Will you ENCOURAGE others to complete their Living Wills?
This survey is designed for everyone: healthcare professionals, patients, and your relatives and close friends.

https://www.surveymonkey.com/s/ENCOURAGE_LIVING_WILLS