

## How can CJE SeniorLife help?

We provide the following supportive services:

**CJE Benefits Services**—We are available to help you identify and apply for a broad range of benefits and supportive services available to older adults. Benefits Specialists are SHIP certified to provide guidance on Medicare.

**CJE Care Management Services**—We develop Care Plan goals to help clients navigate social services, healthcare, and improve quality of life. We assist clients through coordinating services, assessing needs, and guiding necessary changes.

**Community Engagement**— We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

**CJE Counseling Services**— Our Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

**CJE Goldberg Legal Services**—Our staff provide free legal consultation, advice, referrals, and drafting legal documents for older adults and those caring for older adults.

**To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.**

Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

3003 West Touhy Avenue | Chicago IL | [www.cje.net](http://www.cje.net) | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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**DISCLAIMER:** The information and materials provided are for informational purposes only and not for the purpose of providing legal advice. You should contact your attorney to obtain advice with respect to any particular issue or problem.

## CJE LifeNOTES

Tips on healthy and enriched living from CJE SeniorLife

***“How can I be certain that my healthcare wishes are respected?”***



**The conversations to start, and the documents to have, so your healthcare wishes are honored throughout your lifetime**

If you are concerned about loved ones following your healthcare wishes

### **You are not alone**

86% of older Americans would prefer to spend their final days at home rather than in a hospital. Yet, fewer than half have advanced care plans in place.

## Here's Where to Start

Prepare for the discussion with family members or loved ones by thinking about your wishes for medical care. Consider how and where you can maintain dignity and independence throughout your life. Commit to having “the conversation” with your loved ones and medical decision makers. Don't wait.

These conversations can be difficult. Think about writing down particular items you want to discuss about your health. Some people use a professional outside the family, such as a licensed social worker, to help guide them.

### Preparing for “the conversation” with family

Answer these questions in preparation:

- What is your goal for the conversation?
- Who should be present?
- What values guide my decisions? These may include religious and spiritual values.
- Will my loved ones be comfortable with my decisions? It's okay to disagree.
- What does quality of life mean to me?
- What kind of medical interventions am I comfortable with?
- What will bring me peace of mind at the end of my life?
- Who can I name to make decisions on my behalf? This person need not be a family member. Who do I trust to follow my wishes? These decisions may be very emotional for family members.

Get your printable worksheet and forms at:  
[www.cje.net/powerofattorney](http://www.cje.net/powerofattorney)

## Supporting Documents

Legal documents are needed to formalize your healthcare wishes and ensure compliance. These documents should be reviewed every few years. A lawyer can help guide you through the process of completing legal documents. The most important step is designating an agent.

A **Power of Attorney (POA)** for Healthcare allows you to control who makes healthcare decisions in the event you are no longer able to do so, at any point during your life. With this document, you appoint an individual, known as an agent, who will make all medical decisions for you, if the need arises. It is important to carefully select an agent who understands and can follow your wishes. Your agent should be available and nearby or willing to travel to be with you in a time of need. It is also a good idea to list a secondary agent in the event the primary agent is unavailable.

A **Living Will** is different from a regular will. It explains your wishes for end of life medical care. It documents to your loved ones and medical professionals what types of life prolonging and comfort measures you want to receive when a doctor has determined that death is imminent. A living will can also provide direction to the agent you appoint in the POA for healthcare.

