



## Serious Thoughts ...

Last Thursday I was at a Hospice training and found myself saying yet again, "EVERYONE should have one - not just the elderly." We were talking about wills and living wills.

I have long promised myself that I would bring this up with my Breathing Space readers. So here it is.

When sorting with clients I have run into slips of paper saying, "WRITE MY WILL", and have found wills written but not signed. Sometimes there are notes about what to do "in case" but with no signatures that make it official.

\*\*\*\*\*

Do you have a current will? Do your family and friends know what your wishes are for your care?

\*\*\*\*\*

Of course the hope is that no one will need this information for a long time - that you will be healthy and busy living for years hence! But if something were to happen so that you couldn't communicate, would the people close to you know that the decisions being made were in accordance with your beliefs?

Wills are one of those things on the TO DO list that get lost in the bustle of daily life. The Terry Schiavo case may have made you think about all this temporarily but did you actually complete the action?

In Vermont there is a Living Will form available at hospitals and other agencies that simplifies this process. No matter where you live nor what your wishes are, they need to be written and known.

Luckily there are tons of other organizing tips that are easier to deal with, but if this isn't done you could be leaving difficult and painful decisions to loved ones. You simply never know. Whether you are 21 or 101 or somewhere in between, find out what the local laws are and make sure your wishes are up to date. Please.

