

DEFINITIONS:

Oneci yapi kte

Palliative Care:

Type of care to relieve physical or emotional pain from a serious or chronic illness. This care starts at the time of diagnosis and works with the person and family to help support physical, emotional, social, and spiritual health *"wicozani"*.

Okice yapi

Hospice:

This care provides comfort care and management of symptoms at the end of life.

Cante na oniye

Cardiopulmonary Resuscitation (CPR):

Used when the heart or breathing stops. This can include chest compressions, drugs or electrical shock to help restart the heartbeat. When breathing stops a tube may be placed through the mouth or nose into the windpipe to provide artificial help to the lungs. This tube is connected to a machine (ventilator) that will then provide breaths.

Do Not Resuscitate (DNR):

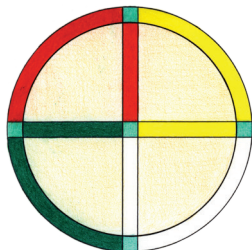
This is a doctor's order that tells the healthcare team not to start CPR if the heart or breathing stops. This is done at the patient's or family's request or by the Health Care Decision Maker.

Artificial Nutrition and Hydration:

Used to provide food (nutrition) and fluid when you are unable to eat or drink enough to live.

Created by:

Patricia Catches The Enemy
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OTHER ISSUES:

State or write your requests clearly. Be clear about the kind of treatment you want or do not want. For example, do you want CPR or a machine to breathe for you?

Make copies of your living will and the choice you have made for your Health Care Decision Maker and share them with your healthcare provider and someone that you trust. Your lawyer will also have a copy.

Keep a copy of your last will in a secure place and share it with someone that you trust. Your lawyer will also have a copy.

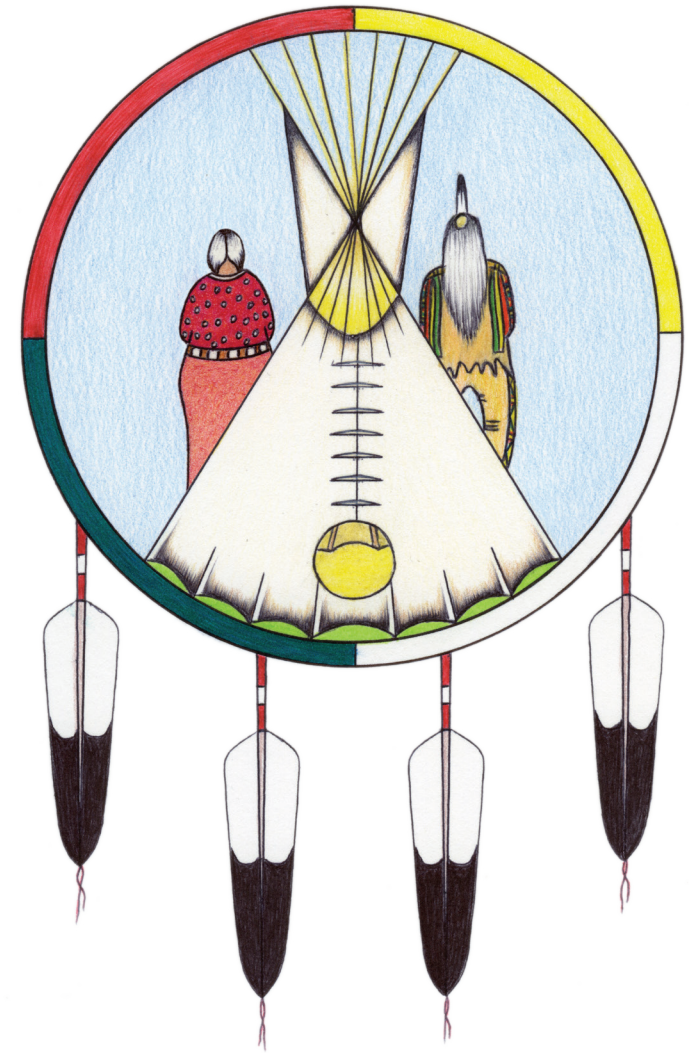
Once you make your living will and chose your Health Care Decision Maker, you can always make changes.



Oglala Lakota Oyate Okolakiciye

Indian Country Partners:

- Oglala Sioux Tribe Health Administration
- Oglala Sioux Tribe Health Education
- Oglala Sioux Tribe Social Nutrition
- South Dakota State University College of Nursing
- Dakota Plains Legal Services
- South Dakota Comprehensive Cancer Control Program
- Pine Ridge Indian Health Service



WAKANKI EWASTEPIKTE

"Care for Our Elders"

Illustrations by:

HOWARD BLUE BIRD ©2015

IT'S YOUR DECISION

We are in charge of our lives and the health care we receive. As we get older we need help with all these areas of our lives.

- Finances
- Health care
- Property/Land
- Burial

When we are seriously ill or dying, we may not be able to say what we want.

Talking with your family members is hard; but it has to be done if you want your choices known. Serious illness can include diabetes, cirrhosis, kidney failure, cancer, and other chronic illnesses. Making our choices known is done through these legal steps:

- Living Will
- Health Care Decision Maker (Durable Power of Attorney for Health Care)
- Last Will

It is best to have these forms completed by a lawyer. They **MUST** be signed, witnessed, and possibly notarized. Legal services are available free of charge to ALL Lakota elders over the age of 60 at Dakota Plains Legal Services (Phone: 605.867.1020 or Email: dplspr3@gwtc.net).

To order additional copies of this brochure, free of charge, visit: doh.sd.gov/catalog

Tuwa Oniceyin kta he Who decides?

A **Living Will** guides your family and the healthcare team about the type of medical care you wish to have if you are unable to speak. It is **ONLY** used when you are unable to make your own decisions.

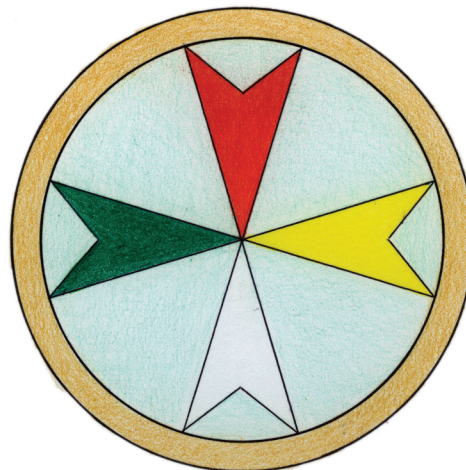
A **Health Care Decision Maker** is the person you select to speak for you when you can no longer make health care decisions. This person will remind healthcare providers and family members about your living will and your choices for care.

Considerations when choosing a Health Care Decision Maker:

If I cannot speak for myself, will you make sure that what I've asked for is done?

- Who knows you best?
- Who can speak for you on health matters?
- Where does the person live?
- May be a spouse, child or even a friend.
- Ask person if willing to accept responsibility.

A **Last Will** is used after you die and tells your family what to do with finances, property, and burial.



IT'S YOUR LIFE, YOUR DECISION

You have the right to decide what treatment you **DO** or **DO NOT** want at the end of life.

If you do not voice your desires and/or are unable to make clear what you want, then someone else will make decisions for you and your care—these may not be choices that you would want.

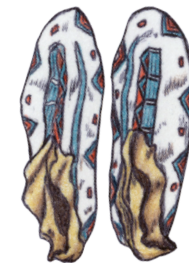
If you do not have a Living Will/Health Care Decision Maker, your healthcare provider will ask your family to make the decisions. They will begin with your closest relatives.

Three situations:

Below are examples when a living will may be needed:

- Sudden illness
- Severe accident
- Terminal illness

What will your decision be?



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