



Advance Directives Video Posted Online at Healthy Aging Today

Article submitted by Healthy Aging Today Staff.

- Visit www.HealthyAgingToday.com for more information and other videos.
- **Link directly to Advance Directives Video hosted on Healthy Aging Today – [Click Here](#)**

Internet broadcasting unit **Healthy Aging Today** has produced and posted on-line the video titled **Advance Directives - Making Your Choices Known**. Advance directives ensure that your wishes regarding your finances, day-to-day life, and healthcare are clearly stated in the event that you can no longer speak for yourself. This program defines advance directives, explains why they are necessary, and how to put them in place. The video is available to view at www.HealthyAgingToday.com.

Advance Directives - Making Your Choices Known discusses the primary documents necessary for advance directives including a **Will**, **Financial Power of Attorney**, **Power of Attorney for Medical Care**, and a **Living Will**. Originally broadcast on the heels of the Terri Schiavo “right to die” case in 2005, the program demonstrates the importance of having these directives in place to avoid the heartache experienced by Ms. Schiavo’s family as they struggled to determine what decisions she would have wanted them to make on her behalf.

The program features interviews with attorney Dwight Taylor, geriatrics and internal medicine specialist Dr. Michael Wasserman, and hospice provider Jan Bezuidenhout, explaining how advance directives work and why it is important to have them in place. At the end of the program is a list of groups and organizations available to help with advance directives planning. We are posting this video in time for the upcoming holidays, and encourage families to take the opportunity to begin the conversation about advance directive as they spend time together.

Visit www.HealthyAgingToday.com for more information and to view other online video programs.

About the Healthy Aging Today

*The mission of **Healthy Aging Today** is to be a resource for topics and information about issues that impact our health and lifestyle as we age. We welcome suggestions for future online video programs as well as collaborations with organizations and goods and service providers who deal with aging issues. For more information about Healthy Aging Today programming contact Dennis Stretar through the website www.HealthyAgingToday.com. Dennis Stretar can be reached by phone at 303-619-7562.*

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