

# “Are You Good to Go?”

What you need to know about advance care planning and the end of life



**Friday, January 9th, 2025 | 12:30 - 1:30 pm**



**Patty Barnett Mouton, MSGc**

*Vice President, Alzheimer's Orange County  
Director, Community Education,  
Hoag Palliative Care*

Have you had the important conversations with your loved ones necessary to ensure they know **your wishes in the event of serious or terminal illness**? Planning for serious illness provides a gift of peace of mind for you, and those you love. This program will discuss how you can **anticipate and identify your wishes, ensure those wishes are honored, and start the often-difficult conversations with your loved ones.**

## This class will answer:

- *How do I record my wishes in the event I cannot speak for myself?*
- *How do I start the conversation with loved ones and my doctor?*
- *What is a POLST form?*
- *What about CPR? Mechanical Ventilation?*
- *What about Tube Feedings?*
- *What is Palliative Care? When is hospice appropriate?*
- *What makes an Advance Directive form legal?*

**Yorba Linda Senior Center**

4501 Casa Loma Ave,  
Yorba Linda, CA 928862

**RSVP to Celina Berenguer: [celina.berenguer@alzoc.org](mailto:celina.berenguer@alzoc.org) or (949) 757-3720**

*Brought to the community through the collaboration of:*

**Alzheimer's  
ORANGE COUNTY**

**hoag.**

