



Bay Area  
Jewish Healing  
Center

A program of the  
Institute on Aging

## Advanced Directives

If you became unable to make your own health care and end-of-life decisions, would your loved ones or caregivers know:

- Whom you have designated to make care decisions for you?
- What kind of medical treatment you do or do not want?
- How comfortable you wish to be?
- How you wish people to treat you?
- How you wish for them to carry on?

*Five Wishes* is a comprehensive, legally binding living will that addresses these topics clearly and compassionately. *Five Wishes* booklets are now available through the Bay Area Jewish Healing Center. Call us at (415) 750-4197 or email us at [gail@ioaging.org](mailto:gail@ioaging.org) for your free copy.

For more information about the *Five Wishes* booklet, please visit the following link: <http://www.agingwithdignity.org/5wishes.html>

If you have any questions, please feel free to contact the  
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