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FOR IMMEDIATE RELEASE

January 27, 2010

[Five Wishes Advance Directive](#) ***Now Meets Nevada Legal Requirements***

*– Nationally-acclaimed advance directive helps
Silver State residents express their health care wishes in their own words –*

Tallahassee, Fla. – Nevadans can now join millions of Americans who use the [Five Wishes](#) advance directive, “the living will with a heart and soul.” The newest edition of the 12-page document now meets Nevada legal requirements for Durable Power of Attorney for Health Care and Living Will.

“End of life discussions are not easy, so having a document like *Five Wishes* will really help,” Nathan Adelson Hospice Community Relations and Outreach Representative Cassandra Cotton said. “It is easy to use and helps to start, structure and complete this most important conversation.”

Five Wishes allows the user to designate a “health care agent,” the person who will make health care decisions if the user is unable to communicate them him or herself. It also directs the health care agent in making decisions about life support treatment should that become necessary. “What makes *Five Wishes* different from all other advance directives is that it doesn’t deal just with medical and legal issues, but also the personal, family and spiritual concerns that people say matter most,” non-profit [Aging with Dignity President Paul Malley](#) said.

Malley pointed out that *Five Wishes* was created with assistance from many experts in the field, including Charles P. Sabatino, Director, Commission on Law and Aging of the American Bar Association. “*Five Wishes* aims to be the perceived gold standard by meeting the strictest requirements of state law,” Sabatino said. “Public policy should make it easier, not harder, for people to express health decisions before a serious illness. “The trend with *Five Wishes* and its acceptance in more states like Nevada is encouraging, because no one should have to fear that their clearly expressed wishes are invalid in any state.”

A legal opinion from Las Vegas elder law attorney James M. O’Reilly states *Five Wishes* meets the technical requirements of *Nevada Revised Statutes* Chapter 449 for both a Living Will and Health Care Power of Attorney. [The number of states where Five Wishes meets legal requirements](#) has grown from 33 to 42 in the past decade.

Five Wishes helps you decide:

- Who you want to make health care decisions for you when you can't make them.
- The kind of medical treatment you want or don't want.
- How comfortable you want to be.
- How you want people to treat you.
- What you want your loved ones to know.

“Instead of confronting people with questions about feeding tubes and ventilators, we focus the conversation on things like comfort, dignity and family relationships,” Malley said. “It brings tremendous peace of mind to all.”

Aging with Dignity founder and *Five Wishes* creator [Jim Towey served as Mother Teresa’s legal counsel](#) for 12 years until her death. His experience as a volunteer in her homes for people with AIDS inspired *Five Wishes*. The document was introduced nationally in 1997, and today more than 14 million copies are in national circulation, distributed by more than 15,000 partner organizations across the nation, including physicians, hospitals, hospices, places of worship, attorneys, financial planners and others.

Five Wishes is useful in all states and is available in 23 languages and in Braille. It is the closest thing there is in America to a national living will. To obtain a copy, go to www.agingwithdignity.org or call (888) 5-WISHES.

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