

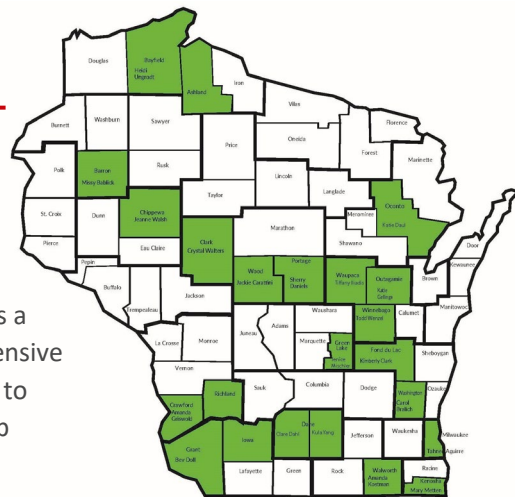


# Extension

UNIVERSITY OF WISCONSIN-MADISON

## Planning AHEAD

Planning AHEAD (Advance directives, Handling financial changes, Estate Planning and Arriving at Decisions for the end of this life) is a seven-session program that helps participants create a comprehensive end-of-life plan for themselves and/or a loved one. The goals are to help participants create plans that reflect their wishes and to help those who lose loved ones to have the information they need to successfully transition after losing a close family member.



### 99%

of participants in 2023 learned enough in the course to move forward with planning

### 100%

will tell a friend or family member about something important they learned during this program

### 92%

Know where to find reliable resources for more information on end-of-life planning

### 79%

In a 4-month follow-up survey reported they have gathered or written down important information (e.g. contacts, document locations)

### 93%

in a 4-month follow-up survey said they are either done with their plans, actively working on them, or committed to completing their plans (compared to 37% before the course)

## What people are saying

- I lost my husband in January and have all this great information and know what I need to get done. It is hard because we didn't have any children and we were married for 34 1/2 years. These sessions have help me more than you will ever know. THANK YOU!!!
- This workshop really motivated me to make the end-of-life decisions that I need to make. Thank you for that.
- Excellent - learned so much beyond what I know as a funeral director and pastor on what to do in pre-planning to have all plans in place with finances, estate, etc.
- I knew it needed to be done, but I needed an "action plan". You provided that.

## IMPACTS OF PLANNING AHEAD IN WASHINGTON COUNTY

In 2023, Carol co-facilitated two Planning AHEAD 7-session series with the Washington County ADRC Elder Benefits Specialist. Forty-four adults participated, with over 224 total educational contacts. The post-course evaluations (n= 29) indicate: 100% of the participants stated they learned enough to move forward with planning; over 87% said that they felt more confident in having conversations with loved ones related to end-of-life wishes and knowing where to find reliable resources for more information on end-of-life planning. One participant stated: "I have already recommended this workshop to many friends and colleagues, regardless of their age. I'm so grateful to have had this opportunity and so grateful for the people I met as a result." And, another participant, "I came into this course with a relatively good idea of my plans for the future. This course reinforced my ideas and offered new ideas and perspectives. I'm glad I attended the course."

