

Advance Directives - Living Wills - Health Care Power of Attorney
Delaware - <https://www.dhss.delaware.gov/dsaapd/advance.html>

Queries from Crosslands Worship Group - published in *Friends Journal* October 2009

- I. Do I accept death, like birth, as a normal part of life, even to be welcomed under certain circumstances?
Have I arranged the practical matters (regarding possessions, location of documents, burial, etc) that will arise when I die so my family is not unduly burdened?
Am I comfortable with the relationships I will leave behind?
- II. Do I look upon the period of old age as an opportunity for reflection on my life and a time for growth and new learning?
Am I willing to talk with family and others about my life journey, my evolving beliefs, and my values regarding dying?
- III. Do my interactions with other residents and staff reflect that of God within each of us?
Do I acknowledge the contributions others bring to the community?
Do I look for ways to make the lives of others pleasant or to be of service?
Am I able to keep a generous heart for those who may become more difficult as they age?
Can I accept help graciously when I and/or others feel in need?
When speaking about other people, do my words reflect respect?
In a troubling relationship, am I willing to talk with the other person, both to express myself and to listen, in the hope that the issues may be resolved?

6 Week Planning Guide from Cremation Society of Pennsylvania

Week 1 - [Gather Information](#)

<http://westernquarterquakers.org/wp-content/uploads/2021/08/CS-Week-1-Gathering-Information.pdf>

Week 2 - [Form a Team](#)

<http://westernquarterquakers.org/wp-content/uploads/2021/08/CS-Week-2-The-People-Team.pdf>

Week 3 - [Create Documents](#)

<http://westernquarterquakers.org/wp-content/uploads/2021/08/CS-Week-3-Create-Documents.pdf>

Week 4 - [Plan a Service](#)

<http://westernquarterquakers.org/wp-content/uploads/2021/08/CS-Week-4-Plan-Memorial.pdf>

Week 5 - [Envision Remembrance](#)

<http://westernquarterquakers.org/wp-content/uploads/2021/08/CS-Week-5-Envision-Remembrance.pdf>

Week 6 - [Let People Know](#)

<http://westernquarterquakers.org/wp-content/uploads/2021/08/CS-Week-6-Let-Them-Know.pdf>

[Elder Abuse Brochure](#) - with link to a video - Program sponsored by Lions Clubs of Chester and Berks Counties

[Elder Abuse Fact Sheet](#) - from program sponsored by Lions Clubs of Chester and Berks Counties

Falls - [Handout](#) to assess your risk
[Presentation](#) from Friends Life Care on Fall Risk and Preparing Your
Residence
[Notes and Resources from Presentation](#)

Driving

AARP -smart driver course <https://www.aarpdriversafety.org/why-take-our-course.html>
Driver Safety <https://www.aarpdriversafety.org/>
Bryn Mawr Rehab - Driver Rehabilitation -
<https://www.mainlinehealth.org/specialties/rehab-driver-rehab-program>

Resources and Services

[Senior Directory](https://seniordirectory.com/city-guide/philadelphia) - <https://seniordirectory.com/city-guide/philadelphia>
presented at a gathering of Concord Quarter's Working Group on Aging Concerns
[Notes from that gathering](#)
[Care Patrol](#) - service helps individuals and families find the residential option that
works best for client needs
<https://www.carepatrol.com/how-we-help.html>
presented at a gathering of Concord Quarter's Working Group on Aging Concerns
[Notes from that gathering](#)