



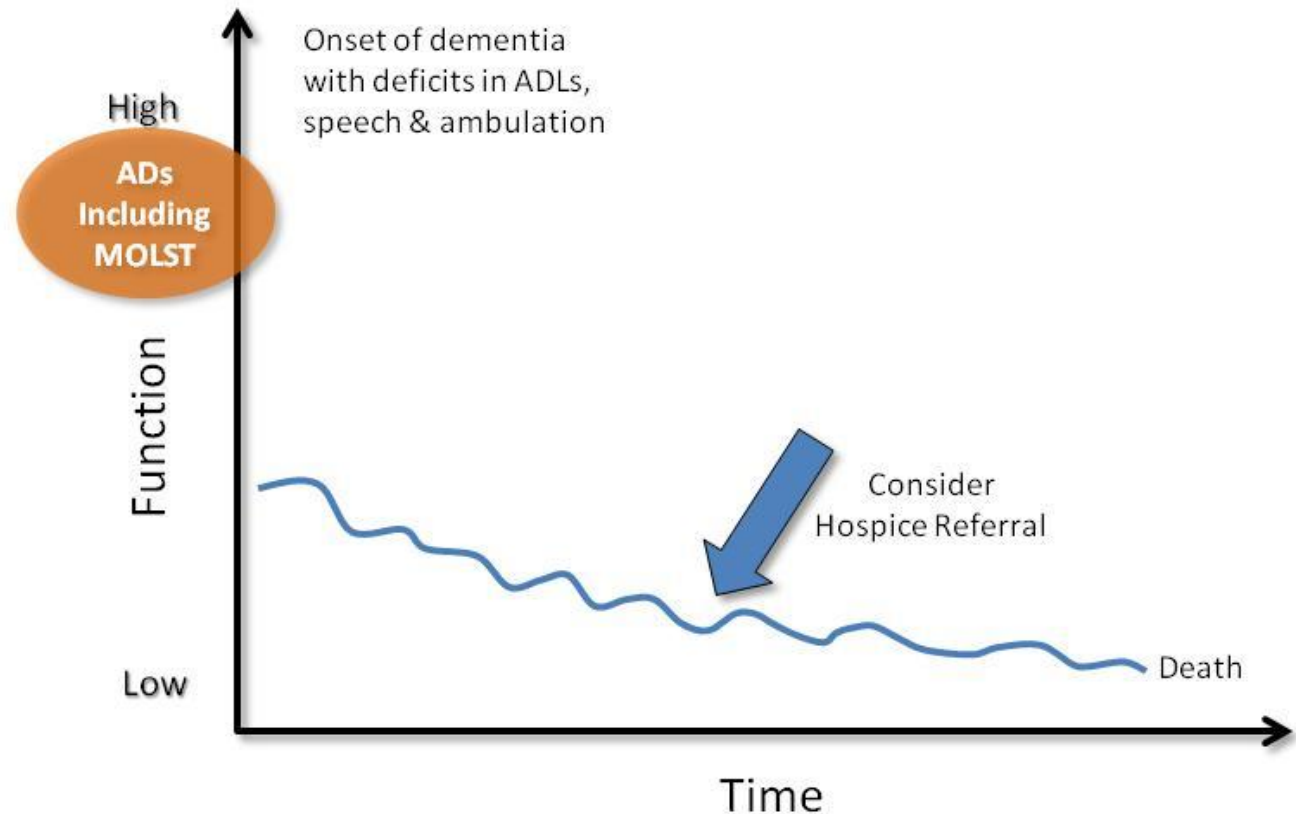
TRAJECTORY OF ILLNESS

Adapted from Living Well at the End of Life: Adapting Health Care to Serious Chronic Illness in Old Age; Rand Health White Paper WP-137 (2003)
<http://www.medicaring.org/whitepaper>

End Stage Dementia/Frailty

- Ability for ambulation is absent or severely limited
- Speech is absent or severely limited
- Cannot dress, bathe or sit up without assistance
- Loss of ability to smile
- Cannot hold up head independently
- Incontinent of urine and stool

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- Timeframe is quite variable, often 6-8 years



Initiate Advance Directives

Consider a conversation about advance directives at the onset of illness when participation in treatment and end-of-life decision making is still possible.