



Human Development and Relationships Programming: October 2024 - January 2025



Extension Human Development and Relationships Educator Pattie Carroll **responds to requests for end-of-life planning from Dodge County residents** who want research based, unbiased information about how to prepare for the end of life for themselves or a loved one. End-of-life planning is a crucial process that involves thoughtful

consideration of your future wishes and the legacy you leave behind. It requires careful deliberation about who will make decisions on your behalf, who will inherit your assets, and who will manage your affairs when you are no longer here. Sessions include, Handling Financial Changes, Choices in End-of-Life Care, Advance Medical and Legal Directives, Final Wishes, and Understanding Grief.

Situation

- **Population Estimates:** As of July 1, 2023, Dodge County had an estimated population of 88,231.
- **Age Distribution:** Approximately 19.5% of the population in Dodge County is aged 65 years and over.
- **Future Projections:** The number of residents aged 65 and older is expected to rise steadily. By 2040, this age group is projected to make up a larger proportion of the county's population.

What is the Planning Ahead for End-of-Life Program

The comprehensive Planning AHEAD series is designed to guide you through every aspect of this important journey. It covers a wide range of topics, including defining your preferences for medical treatment and care, ensuring your financial affairs are in order, understanding and preparing necessary legal documents, deciding how your belongings will be distributed, making choices about your final arrangements, providing support for those who will

mourn your loss, and addressing the emotional impact of these decisions on you and your loved ones.

This proactive approach not only provides peace of mind but also helps to alleviate the burden on those you care about most.

Planning Ahead for End-of-Life Programs in 2024

- Watertown Public Library (N=8)
 - When asked if participants learned enough to move forward with planning, 100% said “yes”
 - 87.5% of respondents reported being more confident in having conversations with their loved ones about end-of-life decisions.
 - Some feedback from participants includes, “The three presenters were very good, they worked well together. Very useful workshop. Thank you for the information and the presentation. This was a very worthwhile program.”
- Juneau Public Library (N=9)
 - When asked if participants learned enough to move forward with planning, 100% said “yes”
 - 88% of respondents reported being more confident in having conversations with their loved ones about end-of-life decisions.
 - When asked to describe their thoughts on the program, one participant said, it was, “motivational, educational, and easy to understand.”

Planning Ahead for End-of-Life 2025

- Ted & Grace Bachhuber Memorial Library- March/April 2025

Combined evaluation results for Planning Ahead for End-of-Life program (N=17).

As a result of the program:	
Identified at least one end-of life-planning goal with the intention of completing within the next three months.	100%
Identified 3-or more end-of-life planning goals to begin to work.	82%
Reported they would recommend this class to a friend or family member.	94%

