# Here's help for caregivers On Living Wills The legality of a Living Will, in Michigan, was one of the subjects I wrote about in a recent column. While the Living Will is not legal in Michigan, several readers called to inform me that I had neplected to mention a legal document entitled Designation of Patient Advocate that also clearly states one's wishes concerning medical care. This document allows an individual to appoint a Patient Advocate, giving her or him the authority to make all decisions concerning care, custody and medical treatment. Included is the opportunity to give specific instructions concerning life-sustaining treatments. The designated Patient Advo-



AGING

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1. Talk about the illness. Don't hide it.
2. Help the patient to be as independent as possible.
3. Have several small meals rather than the regular three.
4. Keep finger foods and healthy nibbles around.
5. Exercise is important. Walking is best and gives the patient and the caregiver a chance to get out, even if it is for a short time.
6. Music is soothing and can be used for indoor exercise as well.
7. Large clocks, calendars and blackboards are a great source for memory reinforcements.
8. Avoid setting up too much anticipation, as reference to time is difficult for the patient to understand.
9. Watch your patient closely to

Many obstetricians and genecologists now offer preconception counseling, where they guide couples to explore aspects of pregnancy prior to conception. William Beaumont Hospital, Royal Oak, is offering a free program "Preconceived Notions — Preparing for Parenthood" 7-8:30 p.m. Thursday, Nov. 11, at the hospital's Administration Build-

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1,

9. Watch your patient closely to avoid sources of agitation.

10. If possible, assign your pa-tient a chore to reinforce (cellings of being needed and useful. 11. Conversation with the pa-tient is necessary to maintain ver-bal skills.

tient is necessary to maintain verbal skills.

12. Keep things simple, calm and cheery as much as possible.

13. To keep an incontinent patient drier at night, pad the diaper for greater absorbency.

14. To avoid having to change bed linens frequently, use a waterproof pad under an extra folded sheet and place over the pad. Tuck the ends under the mattress.

and your peace.

17. In caring for your patient, don't feel guilty about getting help from relatives, friends or paid sitters if you can afford it.

paid sitters if you can attora it.
Never be reticent about reaching for help. You should know
your limits and respect them.
18. Caregivers need care too,
Take care of yourself.

Take care of yourself.

It would be a good Idea if you or your mother would contact the Alzheimer's Association of Metropolitan Detroit. Not only can it offer helpful advice but it will arrange for a variety of services to help your mother. It also has support groups, as well as other programs, for the person with Alzheimer's and their caregivers. You can call the Alzheimer's Association at 313-557-8277.

Beaumont program explores conception

ing, Lower Level Classroom 1.

The program is the fourth of five free programs being offered by Beaumont through a "Women and Well-Being" health series. An upcoming program will focus on breast cancer.

Although all programs in the series are free, participants are asked to reserve their attendance

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## Curing our moral laryngitis



Cries for codes of ethics sur-round us. In the Oct. 26 morning

PERSPECTIVES

Tound us. In the Oct. 26 morning newspaper, three was an article about the cloning of human membryos. It has been 15 years since the first three has been no national board that has debated or even discussed the ethical issues aurrounding our technical ability to split human embryos into dentical twins or triplets. The article ended with a plea from ethicist Dr. John Fletcher of the University of Virginia to have public forums on embryo research. Even MTV, the cable channel that airs music videos, ran a news special that searched for a codo of ethics for today. The title of the programs, surprisingly, was "Seven Deadly Sins." It featured encounters with lust, greed, sloth, pride, envy, anger and gluttony and what people experienced. It targeted the concerns of the 21-to-29 crowd, but the show raised pertinent issues for all ages.

We are in an age that suffer from moral laryngifus. We simply do not have a common vocabulary. Words like "sin" or every morals or "high standards" are not often heard in overyday larges. Ne wonder our pluralistic unity ascraches of the control of thicks."

This needs to offen of thicks."

This needs to offen of the other control of the other other of the o

understandable "Code of Ethics."
This need to articulate a code
of ethics reminded me of an old
newspaper clippling that is on the
inside of a cabinot in our basement. The yellowed clipping must
be more than 15 years old new. I
kept these words of wisdom, for
they help me look in fresh ways at
my own behavior and attitudes.

The attitudes, litted the Allerica.

The article listed the following seven deadly sins," according to Ghandhi:

Wealth without work.
 Pleasure without conscience.

## Beaumont obstetrician Dr. Joann Smith will diacuss preg-nancy risk factors, nutrition, the role of genetics and prenatal care. In addition, Beaumont parenting expert Beth Frydlewicz will discuss how the arrival of a new infant can dramatically influence a couple's lifestyle. Builder Bol's Wholesale Club

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ments.
The designated Patient Advo-

The designated Pattent Advo-cate also must sign the document and the papers must be wit-nessed. The designation can be revoked, by the individual ap-pointing the advocate, at any time. The designation of a patient advocate is an important legal ac-tion and should be discussed with family, physician and attorney prior to signing.

Rence Mahler is a gerontologist and the director of communica-tions and admission at a Roches-ter Hills nursing facility. She is a former member of the Michigan State Commission on Services to the Asina

State Commission on Services to the Aging.

To leave a message for Mahler, from a touch-tone phone, call 953-2047, mailbox 1869. Send your questions to her at the Observer & Eccentric, 805 E. Maple, Birming-ham 48009.

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## ■ Even MTV, the cable channel that airs mu-sic videos, ran a news special that searched for a code of ethics for today.

3. Knowledge without charac-

3. Knowledge without character.

4. Commerce without morality.
5. Science without humanity.
6. Worship without sacrifie.
7. Politics without principle.
7. Politics without principle.
1. Prederich Buechner, a not the deologian and writer, offers some contemporary insights on this age-old issue of right and wrong and the consequences of our actions:
1. The power of sin is centrifucal. When at work in a human life, it tends to push everything out toward the periphery. Bits and pieces of lying off until only the core is left. Eventually, bits and pieces of the core itself go flying off until in the end nothing at all is left... Other people, God, the world, society, nature — whatever you call the greater whole of which you're part — sin is whatever you do, or fall to do, that pushes them away, that widens the gap between you and them and also the gaps within yourself ... " (from "Mishrill Thinking, a Theological ABC").

Maybe it's time we dust off an old word like "sin" and consider what it might say to our deepest and best selves. Codes of ethics

have been around for a long time.
The Ten Commandments have
weathered a few thousand years of
testing. In modern lingo, you
might say they go like this:

1. Honor God.

2. Have no idols. 3. Watch your talk.

4. Honor your parents.
5. Find a balance between work, recreation and worship.
6. Honor other people's proper-

6. Honor other peoples and state ty.
7. Respect all of life.
8. Be true and faithful to your marriage yows and your marriage partner.
9. Speak the truth — avoid cover-ups for yourself or backbiting.
10. Be grateful for what you have — you don't have to "keep up" with everyone clase.

up" with everyone clse.

When we search for solid codes of ethics, perhaps we can reclaim some of the basic guidelines of our faith heritages. For example, the Golden Rule is the standard of human behavior in all of the world's major religions. "Do unto others as you would have them do unto you."

Maybe we don't have to invent our own codes completely, but listen to the ones that have spoken with wisdom to the human heart and condition over the years.

The Rev. Kate Thoresen is di-rector of the Partnership Minis-tries at the First Presbyterian Church of Birmingham. If you have a question or comment, call her at 952-947, mailbox number 1882, on a Touch-Tone phone.





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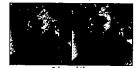


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