

Presentation Outline: Prepare for End of Life in Thailand

Session 1: End of Life Planning (90 minutes)

1. Welcome and introduction. Importance of planning for end of life; especially for expatriates in Thailand.
2. Program Objectives: We want you to have the knowledge and tools to ensure that all arrangements and outcomes are according to your wishes.
 - a. Your Healthcare decisions are made according to your wishes – even if you are not able to communicate those wishes at the time.
 - b. Your loved ones will not be forced (or pressured) to make healthcare decisions of which you do not approve.
 - c. Your assets and possessions will transfer efficiently to those of your choosing (and NOT caught up in bureaucratic and legal delays.
 - d. Your funeral arrangements
 - e. How to avoid adding to the burden of your loved ones (both here and abroad)
 - f. Being sure you understand the steps you need to take to achieve your desired outcomes without overspending.
 - g. Identify and plan for the dozens of seemingly small details that so many forget about
 - i. Access to bank accounts
 - ii. Your lease(s)
 - iii. Vehicles
 - iv. Social media accounts
 - v. Bills and other financial obligations
 - vi. Many more
3. Legal and cultural considerations.
 - a. Understanding Thai laws and regulations for expatriates
 - b. Cultural differences in end of life care and rituals
4. Financial planning
 - a. Managing finances and assets in Thailand
 - b. Tax implications and inheritance laws for expatriates
 - c. Insurance considerations: Life, health and property
5. What bad things happen if you don't plan -r or don't plan properly? "Horror stories"
6. Emotional and psychological preparation
 - a. Coping strategies for expatriates and their families
 - b. Accessing counseling and support services
 - c. Communicating end of life wishes to loved ones
 - d. Cultural pressures on Thai partners of expats who have passed
7. Special considerations for those who think, "It doesn't matter; I'll be gone."
8. **What should be part of your plan?**
 - a. Healthcare and medical decisions

- b. Advance healthcare directives
 - c. Living wills and power of attorney
 - d. Choosing healthcare providers and hospitals
 - e. End of life treatment options and palliative care
- 9. Legal documentation
 - a. Importance of wills and trusts
 - b. Drafting a will
 - c. The role of executor
 - d. Explanation of probate
 - e. The role of trusts in planning
- 10. Family and community involvement
 - a. Communicating end of life plans with family and friends
 - b. Involving the local community and local support networks
 - c. Exploring burial and cremation options in Thailand
- 11. Q&A Session
- 12. Quick look at upcoming sessions
- 13. Closing remarks and encouragement for attendees to take action.

Session 2: Wills and Trusts (90 minutes)

- 1. Do you need a will in Thailand?
 - a. You DON'T need a will if...
 - b. You DO need a will if....
 - c. Of what value is a will you may have in another country?
 - d. Can you prepare your own legally binding will?
- 2. What happens if someone dies without a will?
- 3. Understanding wills
- 4. Legal requirements and validity in Thailand
- 5. Common mistakes people make when making (or having someone else draft) their will
- 6. Special issues for same-sex couples
- 7. Executors
 - a. Roles of executor and why they are important
 - b. How to choose an executor
 - c. Importance of talking with your executor during the planning process
- 8. Choosing guardians for dependents
- 9. Probate
 - a. What is probate and why is it important
 - b. Problems that can arise
 - c. How to effectively manage the probate process
 - d. Who can help?
- 10. Trusts
 - a. What are trusts and why are they useful?
 - b. Types of trusts

- i. Revocable
 - ii. Irrevocable
 - iii. Living trusts
- 11. Trustees and trust administration in Thailand
- 12. Legal assistance and resources
 - a. How to find a good lawyer FOR YOU
 - b. How to keep legal expenses as low as possible
- 13. Q&A Session
- 14. Quick look at upcoming sessions
- 15. Closing remarks and encouragement for attendees to take action.

Session 3: End of Life Healthcare and Healthcare Directives (90 minutes)

- 1. Healthcare directives and decision-making
 - a. Deciding how you want to be treated
 - b. How much treatment and for how long?
- 2. How to ensure you are treated according to you wishes
 - a. Advance Directives
 - b. Do Not Resuscitate, DNI
 - c. Other
- 3. Who do you want to make healthcare decisions if you are incapacitated?
 - a. Will doctors/hospitals allow your loved ones to communicate your wishes?
 - b. What if loved one's wishes are not your wishes?
- 4. Legal procedures and requirements for healthcare directives in Thailand
- 5. Ensuring your wishes are followed
- 6. Paying for hospitalization...can you be refused treatment if the hospital is unsure of your ability to pay (including if you are incapacitated and unable to share health insurance information)
- 7. Palliative and hospice care services in Thailand
 - a. Understanding palliative care
 - b. Access to Hospice care for expats
 - c. Managing pain
 - d. Emotional well-being
- 8. Assisted suicide in Thailand
- 9. Q&A Session
- 10. Quick look at upcoming sessions
- 11. Closing remarks and encouragement for attendees to take action.

Session 4: When someone passes (90 minutes)

1. Steps to take immediately
 - a. Make sure your instructions/plan can be found quickly and easily
 - b. What NOT to do
 - c. Who to contact first
2. Legal and administrative processes for family/loved ones after the passing
3. Contacting the embassy/consulate
4. Accessing your bank accounts
 - a. Special warning about spouse/partner access after death
5. What happens to your lease?
6. Handling funeral arrangements
 - a. Burial vs cremation
 - b. Cultural pressure on Thai spouse/partner
7. Vehicle titles
8. Your partner's visa status
9. Technology
 - a. Access to computers and other devices
 - b. Account/app passwords
 - c. Social media accounts
10. Q&A Session
11. Additional resources
12. Counseling services
13. Legal contacts
14. Closing remarks and encouragement for attendees to take action

For more information scan this QR code with your phone camera, or visit: <https://cec-eol.onrender.com/2023/12/29/prepare-for-end-of-life-in-thailand.html>

