



## SDSU CEAL HEALTHY LONGEVITY WEBINAR SERIES

# NAVIGATING COMPLEX CARE DECISIONS

Join Dr. Mitsuo Tomita for a one-hour educational webinar exploring proactive decision-making in the context of dementia and serious illness.

This session will introduce the Dartmouth Dementia Directive, designed to support individuals and families in thinking through values, goals of care, and future medical decisions as they relate to dementia. Dr. Tomita will discuss how this tool can be used to guide conversations before a crisis occurs and why early planning is especially important in the setting of progressive neurologic disease.

The webinar will also provide a clear, introductory overview of Medical Aid in Dying, including what it is, where it is legally available, and how it differs from other end-of-life care options such as hospice and palliative care. Special attention will be given to the ethical considerations, common misconceptions, and the evolving legal and clinical landscape surrounding Medical Aid in Dying.

Designed for healthcare professionals, caregivers, students, and community members alike, this session aims to foster informed, compassionate dialogue around autonomy, dignity, and care planning across the lifespan.



**REGISTER NOW**

**FEBRUARY 12, 2026  
11:00 AM - NOON (PST)**

For more information,  
contact [ceal@sdsu.edu](mailto:ceal@sdsu.edu)

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