

in partnership with:

the conversation project

THE CONVERSATION

What to talk about during your conversation

It's not easy to talk with loved ones about your wishes for end-of-life care, but it's vitally important.

Here are some important questions to consider:

- When you think about the last phase of your life, what's most important to you?
How would you like this phase to be?
 - Do you have any particular concerns about your health? About the last phase of your life?
 - Who do you want (or not want) to be involved in your care? Who would you like to make decisions on your behalf if you're not able to? (*This person is your health care proxy.*)
 - Would you prefer to be actively involved in decisions about your care? Or would you rather have your doctors do what they think is best?
 - Are there any disagreements or family tensions that you're concerned about?
 - Are there circumstances that you would consider worse than death? (*Long-term need of a breathing machine or feeding tube, not being able to recognize your loved ones*)
 - Are there important milestones you'd like to meet if possible? (*The birth of your grandchild, your 80th birthday*)
 - Where do you want (or not want) to receive care? (*Home, nursing facility, hospital*)
 - What kinds of aggressive treatment would you want (or not want)? (*Resuscitation if your heart stops, breathing machine, feeding tube*)
 - When would it be okay to shift from a focus on curative care to a focus on comfort care alone?
 - What affairs do you need to get in order, or talk to your loved ones about? (*Personal finances, property, relationships*)
-

This list doesn't cover everything you may need to think about, but it's a good place to start.

If you'd like more guidance and support, we invite you to explore the Conversation Starter Kit on TheConversationProject.org.
