

This worksheet is just meant to create open, honest discussion between family members. It's not a legal document, nor a light subject, nor an attempt by the younger people to scare the older folk. The people who have this conversation with you love you.

Think of it as a part of getting organized, and building better communication about what matters. Once you and your family have ideas about these issues, please take the time to fill out the appropriate forms as soon as you can. You can find links at [www.ideamountain.com/resources.html](http://www.ideamountain.com/resources.html)

Some questions to think about with family:

How do you feel about your current health?

How important is independence and self-sufficiency in your life?

How do you imagine handling illness, disability, dying, and death?

Who would you like to make treatment decisions for you, if you become unable to so?

How do you feel about ventilators, surgery, resuscitation (CPR), drugs or tube feeding if you were to become terminally ill?

If you were unconscious and not likely to wake up? If you were senile?

What kind of medical treatment would you want if you had a severe stroke or other medical condition that made you dependant on others for all your care?

What sort of mental, physical, or social abilities are important for you to enjoy living?

Do you want to receive every treatment your care-givers recommend?

How much of a role should doctors and other health professionals play in such decisions?

What kind of living environment is important to you if you become seriously ill or disabled?

Do you imagine moving out of your current residence to somewhere more convenient for care? A child's home? A retirement home? Do you imagine someone moving in with you?

How much should the cost to your family be a part of the decision-making process? What financial plans are in place now to deal with this sort of care?

What role do religious beliefs play in decisions about your health care?

What are your thoughts about life in general in its final stages: your hopes and fears, enjoyments and sorrows?

Where do you imagine would be the best place to be at the end?

Are you comfortable with organ donation?

Which phrase best suits you:

When the time comes, do not continue treatment ...

...if the treatment will leave me in a condition of permanent unconsciousness, such as with an irreversible coma or a persistent vegetative state.

....if the treatment will leave me with no more than some consciousness and in an irreversible condition of complete, or nearly complete, loss of ability to think or communicate with others.

... if the treatment will leave me with no more than some ability to think or communicate with others, and the likely risks and burdens of treatment outweigh the expected benefits. Risks, burdens and benefits include consideration of length of life, quality of life, financial costs, and my personal dignity and privacy.

I want my life to be prolonged as long as possible, no matter what my quality of life.