

HOW TO DISCUSS END-OF-LIFE WISHES

Create the end-of-life experience that's right for you.

1

START THINKING

How do you want to live through the end of your life?

2

START TALKING

"I've been thinking about my future, can we talk about it together?"

3

KEEP DISCUSSING

This is not one conversation, it's many conversations over a lifetime. Continue the conversation as your wishes, needs, and priorities change.

DISCUSS YOUR END-OF-LIFE WISHES WITH...



LOVED ONES AND CAREGIVERS

"I want to talk to you about my options and wishes for care at the end of my life."

"My preferences for end-of-life care have been evolving, and I'd like to update you."



HEALTHCARE PROVIDERS

"Let's talk about the things that matter most to me so that we can make a plan for my end-of-life care."

SPIRITUAL LEADERS

"I've been thinking about the spiritual practices I'd like to incorporate in my end-of-life care."

