



CONVERSATION TIPS AND RESOURCES

Initiating conversations about your end-of-life wishes with loved ones, friends and healthcare professionals can be daunting. Compassion & Choices has a host of tools to get you started. Planning and communicating allows individuals to spend their final days with friends and family while focusing on the present. Informing loved

ones of your wishes ahead of time relieves them of the burden of making decisions about your final arrangements when they are grieving your loss.

Use this checklist as your first step, and consider which of the following are appropriate for your situation:

- Discuss your wishes with family and loved ones.
- Discuss your wishes with your healthcare surrogate.
 - Make sure they are comfortable making decisions on your behalf
 - Make sure they know where important documents (see list below) can be found
 - Provide them with a copy of your advance directive
- Discuss your wishes with your provider(s) and healthcare team.
- Create and/or locate important documents.
 - Advance directive or living will
 - Durable power of attorney for healthcare
 - Durable power of attorney for finances
 - Last will and testament — Compassion & Choices has partnered with FreeWill to offer this service at no cost, available at CandC.link/free-will.
- Living trust
- Life insurance policies (with beneficiary information)
- Information about financial accounts, assets, property
- Information about final arrangements, funeral plans, pre-paid services
- Ensure important documents are up to date and reflect your current wishes. Provide a copy of your current advance directive to:
 - Healthcare provider(s)
 - Healthcare surrogate
 - Hospice team (if applicable)
- Name a guardian for children, pets.

Note: This checklist is excerpted from Compassion & Choices' My End-of-Life Decisions: An Advance Planning Guide and Toolkit. This free resource is available at CandC.org/eoldgt.

Please visit the **Compassion & Choices website** for more resources, including how to start conversations, at CompassionAndChoices.org/plan.