

NAME _____

DATE _____

The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care. We developed the Conversation Starter Kit to help you get started with what we know can be challenging discussions. We encourage you to use this tool to identify your values. It can serve as a guide to a conversation. You may wish to visit: theconversationprojectinboulder.org and download the full version of the Starter Kit that comes complete with helpful information about how and why the conversation is so important.

When should you have the conversation?

Even if you're in good health, it's still important to make sure your loved ones, and your health care team, know your wishes, since anyone's health status can change suddenly. It's particularly important to have the conversation if you or a loved one has a chronic or serious illness. Every conversation will help your loved ones and your care team understand what matters to you.

.....

? As you think about how you want to live at the end of your life, what's most important to you?
Now finish this sentence: What matters to me at the end of life is...
(For example, being able to recognize my children; being in the hospital with excellent nursing care; being able to say goodbye to the ones I love.)

Where I Stand Scales

Select the number that best represents your wishes. (You can write on the dotted line below each scale if you'd like to explain or add notes about your answer.)

As a patient, I'd like to know...

- 1 2 3 4 5
 Only the basics about my condition and my treatment All the details about my condition and my treatment

.....

If I had a terminal illness, I would prefer to...

- 1 2 3 4 5
 Not know how quickly it is progressing Know my doctor's best estimation for how long I have to live

.....

As doctors treat me, I would like...

- 1 2 3 4 5
 My doctors to do what they think is best To have a say in every decision

.....

How long do you want to receive medical care?

- 1 2 3 4 5
 Indefinitely, no matter how uncomfortable treatments are Quality of life is more important to me than quantity

.....

What are your concerns about treatment?

- 1 2 3 4 5

I'm worried that I won't get enough care

I'm worried that I'll get overly aggressive care

How involved do you want your loved ones to be?

- 1 2 3 4 5

I want my loved ones to do exactly what I've said, even if it makes them a little uncomfortable

I want my loved ones to do what brings them peace, even if it goes against what I've said

What are your preferences about where you want to be?

- 1 2 3 4 5

I wouldn't mind spending my last days in a health care facility

I want to spend my last days at home

When it comes to sharing information...

- 1 2 3 4 5

I don't want my loved ones to know everything about my health

I am comfortable with those close to me knowing everything about my health

? Who would you want to make decisions on your behalf if you're not able to? (This person is often called a "health care proxy." Check with your state about how to grant this person the legal authority to make medical decisions for you.)

? Do you have any particular concerns (questions, fears) about your health? About the last phase of your life?

? What do you feel are the three most important things that you want your friends, family, and/or doctors to understand about your wishes and preferences for end-of-life care?

1.

2.

3.



CREATED BY THE CONVERSATION PROJECT AND THE INSTITUTE FOR HEALTHCARE IMPROVEMENT