

## Questions and Answers

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### 10 Questions for you to ask your Doctor in Regard to End-of-life Care

1. What is this treatment for?
2. How will it help?
3. What are the physical risks or discomforts?
4. What are the emotional risks or discomforts?
5. Does the treatment match what I (or the person I am deciding for) would want?
6. Are we doing all we can to maintain (my) dignity?
7. Are we doing all we can to give me (or the person I am speaking for) the best quality of life?
8. Will this cause pain? (Or is he or she in pain)?
9. What can be done to ease my pain or other symptoms?
10. When is the best time to ask for a palliative care consult or hospice care?

*These questions are useful for yourself, or if you are making decisions for another with a serious illness.*

*(Originally suggested by Alzheimer Association.)*

### 8 Questions the Doctor may ask You in Regard to End-of-life Care

1. Who would make decisions for you if you are fuzzy or unable to?
2. How much does your family know about your priorities and wishes?
3. What is your understanding now of where you are with your illness?
4. How much information about what is likely to be ahead with your illness would you like from me? (And how do decisions get made in your family?)
5. If your health situation worsens, what are your most important goals?
6. What are your biggest fears and worries about the future with your health?
7. What abilities are so critical to your life that you can't imagine living without them?
8. If you become sicker, how much are you willing to go through for the possibility of gaining more time?

*From Bernacki, Block and Ariadne Labs in Boston.*

*A recommended icebreaker for your doctor to use:*

***"What do I need to know about you as a person to give you the best care possible?"***