

Use this worksheet to reflect on the emotional, spiritual, medical, and practical decisions that the person you are caring for may face at the end of their life. Assist the person you are caring for and take your time – these questions can be difficult to answer. Feel free to skip or modify questions to fit the beliefs and preferences of the person you are caring for. Consider discussing answers with family members, healthcare providers, or legal professionals.

#### **Emotional**

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- 1. Are there any unresolved matters or relationships you'd like to heal? Are there any conflicts you would like to resolve or relationships you would like to mend?
- 2. Have you expressed gratitude to those who matter most? How would you like to say goodbye?
- How do you want to be remembered? What are you most proud of?
- 4. Are there any thoughts, memories, or wisdom you would like to leave behind for loved ones? Have you documented them?
- 5. What are your biggest fears about dying? Do you feel grief, anxiety, or other emotions related to death? How can you find peace with these feelings?

Notes:			





### **Spiritual**

- 1. Are there any spiritual or religious traditions that should be practiced in your last moments?
- 2. Would you like guidance or a visit from a spiritual leader or clergy member?
- 3. Have you forgiven yourself and others?
- 4. How do you want your religious or spiritual beliefs to be reflected in your funeral or memorial service?

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#### **Medical**

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- 1. Who will make medical decisions for you if you become unable to do so? Have you documented this in a health care power of attorney? How much flexibility do you want your decision maker to have regarding your care?
- 2. As your illness worsens and you approach the end of life, what do you want for your care? Would you choose to try every treatment, even if it brings discomfort? Or would you rather focus on comfort and managing your symptoms?
- 3. Have you documented your preferences in an advance directive?
- 4. What does a "good death" look like to you? Where does it occur? Who is there with you? What do you see, smell, hear?
- 5. Do you have medical conditions that require specific care planning?
- 6. Have you decided on organ or body donation?

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#### **Practical**

- Who would you like to be with you in your final moments?
- Is there anyone you prefer not to see?
- Do you have a will or estate plan? Is it up to date?
- Have you designated beneficiaries for your assets and financial resources?
- Have you communicated your preferences for specific personal possessions and heirlooms?
- Have you planned your funeral, burial, or cremation wishes? Use the Funeral Planning Worksheet.
- Do you have plans in place for the care of dependents or pets?
- 8. What clothing and accessories would you like to wear for your funeral, cremation, or memorial service?

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