

## Start the conversation

I am doing OK right now, and even though there is no rush, my doctors think we need to begin talking about my future care.

They believe in being prepared and want to know my goals and wishes for medical care.

Since you are important to me, I'd also like you to be part of the conversation.

If at some point I can't speak for myself, I want you to be able to make decisions for me.

## Check in with your loved one

### UNDERSTANDING

What is your understanding now of where I am with my illness?

### INFORMATION

I know that it may not be easy, but I would like to share information about my illness with you. Is that okay?

How much information about what is likely to be ahead of me would you like from me?

My doctor and I talked about the outlook for my illness – can I share with you?

Tips: Pick a time when you feel relaxed and have time to talk. Choose a place where you are comfortable. You can read the black out loud or use your own words--whatever feels best to you

## Share what is important to you

### GOALS & WISHES

I'd like to share some of my goals that might affect my healthcare decisions. Some things I'm looking forward to are...

EXAMPLES: Meet my new grandchild, celebrate my next birthday, etc

### FEARS & WORRIES

My biggest fears and worries about my future with this illness are...

EXAMPLES: Not being able to make decisions for myself, or having to ask others for help with basic needs.

### ABILITIES

I can't imagine not being able to do certain things...

EXAMPLES: Not being able to recognize or interact with people, not being able to care for myself, etc.

### TOUGH CHOICES

I know that we may have to choose between treatments that are hard to go through and more time.

EXAMPLES: Being in the hospital, having a feeding tube, living in a nursing home, being on a breathing machine, more chemotherapy, etc.

### Here's how I think about these choices...

#### Plan to talk again

Do you have any questions about what we have discussed?

I would like to talk with you about my illness and medical care as my treatment continues. Is that okay?

I know this was probably not an easy conversation. How do you feel now that we have talked?

Are there other people we should talk with?

**Remember to talk again with your loved ones/caregivers as your situation or wishes change.**

