## Don't Panic - It's OK

A Letter to My Family by Karen Boudreau, MD

If you are faced with a decision that you're not ready for, It's ok I'll try to let you know what I would want for various circumstances, But if you come to something we haven't anticipated, It's ok And if you come to a decision point and what you decide results in my death, It's ok. You don't need to worry that you've caused my death – you haven't – I will die because of my illness or my body failing or whatever. You don't need to feel responsible. Forgiveness is not required, But if you feel bad / responsible / guilty, First of all don't and second of all, You are loved and forgiven. If you're faced with a snap decision, don't panic --Choose comfort,

Choose home,

Choose less intervention,

Choose to be together, at my side, holding my hand,

Singing, laughing, loving, celebrating, and carrying on.

I will keep loving you and watching you and being proud of you.

Written during an early Conversation Project meeting DON'T PANIC- IT'S OK by Karen Boudreau, MD, Senior Vice President, IHI Letter to her Family Don't Panic - it's ok If you are faced with a decision that you're not neady for, it's ok I'll try to let you know what I would want for various circumstances, but if you come to something we haven I- which afed, FSOK And if you came to a decision point and what- you decide nesults in my dealer It's ok. you don't need to warry That you've caused my death - you havden't- I will doi! be cause 191 my illness or my body failing br Whatever. you don't need to for responsible. Forgiveness is not required but you feel baid ( responsible ( quity, first-- all don't and second of all loved and forgiven If you're faced with a snap decision don't punicchoose comfort, choose home choose E Less intrivention, choose to be together, at myside, holding my hand, singing laughing journa, celubraining and carrying on 'I will keep loving you and watching you and bring provot of Kanntoo