

## 5 Steps to recording your end-of-life care wishes with the StoryCorps app and The Conversation Project



**1**

Download the latest StoryCorps mobile app version and create an account. This account will be used to record, save, and share your interviews. Once you log in, you can upload interviews to your profile from the app or use the desktop version at StoryCorps.me.



**2**

Choose a loved one with whom you'd like to share your end-of-life care wishes. Prepare a list of questions about what matters most to you, and find a quiet and comfortable location to hold your interview. Ask questions that will prompt anecdotes and stories that will help your loved ones make decisions for you when the time comes.



**3**

Follow the prompts in the app and do a test recording first to check your technology. Then let the conversation flow. Helpful Reminders: Be patient. Some people need a little time to think. Don't steer the conversation. Let it happen. Nothing is set in stone. You and your loved ones can always change your minds.



**4**

After the interview, allow camera access to the StoryCorps app and take a photo with your partner. Title your interview and add keywords (similar to hashtags) before uploading #ConvoProject, #TalkingMatters. Choose a title that will help you find your interview later on.



**5**

Once your interview is uploaded share the URL or embedded audio from the StoryCorps.me platform with family and friends whom you'd like to know your wishes for end-of-life care. Consider sharing this interview on The Conversation Project's "Your Stories" page at:

TheConversationProject.org

### Suggested Questions:

Do you remember the first time you lost someone close to you?

Do you remember how that felt and how you think about it now?

As you think about how you want to live at the end of your life, what matters most to you?

If the time comes and we have to make decisions about your care, what do you want us to know?

What are you most afraid of?

If you can't make decisions for yourself, who would you want to make decisions for you?