

## **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.

DON'T PANIC - IT'S OK

Written during an early Conversation Project meeting  
by Karen Boudreau, MD, Senior Vice President, IHI  
Letter to her Family

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Karen Boudreau