





When the Lights Go Up

Okay, I've...

-  Seen the movie  Read the book  Heard the story  Listened to the sermon  Watched the play

I get it. I really need to have the conversation.
So what do I do now??

It's as easy as 1-2-3.

1 Pick your person.

- When you think of talking with someone about your wishes for care through the end of life, who comes to mind?
- That's the person you need to talk with.

2 Get your thoughts together.

- What matters most to you when it comes to care through the end of life?
- What do you want to make sure people know about what you want — and don't want?

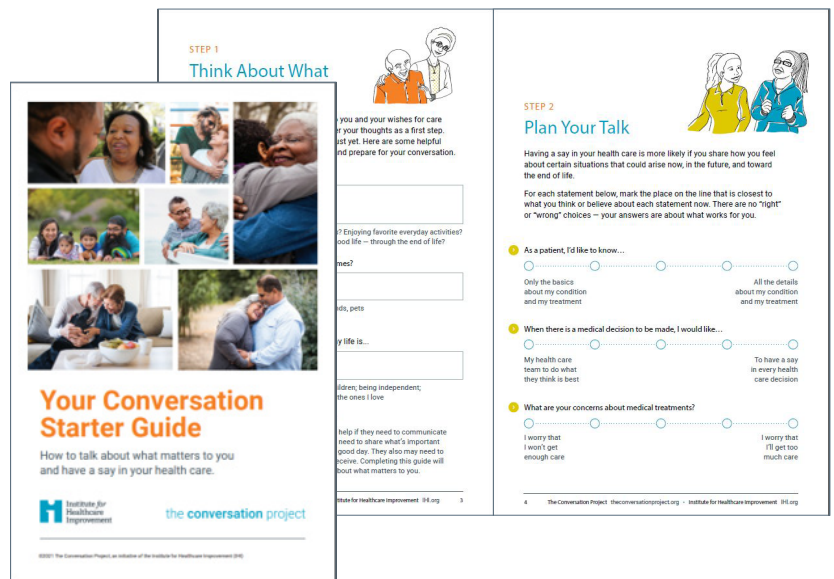
3 Have the conversation!

- Make a plan to get together with your person — when and where.
- Tell them what matters to you.
- Keep talking — your wishes might change with time, and that's okay. *You may also want to tell your doctor or others in your life.*

Check Out Our Free Conversation Starter Guide

It has helped hundreds of thousands of people have the conversation.

Download it:
theconversationproject.org



The image shows a preview of the 'Your Conversation Starter Guide' booklet. It is divided into two main sections: Step 1 and Step 2.

STEP 1: Think About What

This section includes a grid of photos showing diverse people in various settings. Below the photos, there are several text boxes for notes:

- you and your wishes for care if your thoughts as a first step, get yet. Here are some helpful and prepare for your conversation.
- Enjoying favorite everyday activities? good life — through the end of life?
- need?
- ids, pets
- y life is...
- ltern, being independent, the ones I love
- help if they need to communicate need to share what's important good day. They also may need to occur. Completing this guide will help what matters to you.

STEP 2: Plan Your Talk

This section features a line graph for marking responses to various statements. The graph has a scale from 1 (left) to 5 (right).

- 1 As a patient, I'd like to know...**
1 Only the basics about my condition and my treatment. 5 All the details about my condition and my treatment.
- 2 When there is a medical decision to be made, I would like...**
1 My health care team to do what they think is best. 5 To have a say in every health care decision.
- 3 What are your concerns about medical treatments?**
1 I worry that I won't get enough care. 5 I worry that I'll get too much care.

At the bottom of the preview, it says: 'Institute for Healthcare Improvement' and 'the conversation project'. It also includes a copyright notice: '©2011 The Conversation Project, an initiative of the Institute for Healthcare Improvement, IHI.org'.