

When the Lights Go Up

Okay, I've...



Seen the movie



Read the book



Heard the story



Listened to the sermon

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 end-of-life care, 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 end-of-life care?
- 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 Kit

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

Download it:

theconversationproject.org

Step 1 Get Ready

As you get ready, are two to help you do before you feel ready to

is that you want to be sure to be in order; or making care of.)

Your Conversation Starter Kit

When it comes to end-of-life care, talking matters.

Step 2 Get Set

What's most important to you as you think about how you want to live at the end of your life? What do you value most? **Thinking about this will help you get ready to have the conversation.**

Now finish this sentence: What matters to me at the end of life is...
(For example, being able to recognize my children; being in the hospital with excellent nursing care; being able to say goodbye to the ones I love.)

Sharing your "what matters to me" statement with your loved ones could be a big help down the road. It could help them communicate to your doctor what abilities are most important to you—what's worth pursuing treatment for, and what isn't.

WHERE I STAND SCALES
Use the scales below to figure out how you want your end-of-life care to be. Select the number that best represents your feelings on the given scenario.

As a patient, I'd like to know...

1 Only the basics about my condition and my treatment

2 3 4 5 All the details about my condition and my treatment

As doctors treat me, I would like...

1 My doctors to do what they think is best

2 3 4 5 To have a say in every decision

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