

Talk

Hearing about the end of your life likely is as difficult for your family and friends as it is for you to discuss. But remind those closest to you that you are trying to do everyone a favour by resolving these decisions upfront. Do your planning with immediate family or a close friend. This can serve to motivate as well as encourage. Have some individual conversations with family members about your desires and the reasons for those, then make the best decision you can.

After assessing and considering, write down your end-of-life wishes and plans. Then make sure you tell your family and friends what you want. Select a person with power of attorney and a health care proxy. Then see a lawyer.

Refer to the following conversation tips and suggestions for help communicating your wishes.

Conversation Tips

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“Dad, I’m figuring out my end-of-life wishes. Would you talk with me and make sure I’ve not forgotten anything. By the way, you might consider doing this too!”

“I’m not planning on dying soon, but I am working on my will. I’d really like to make sure that everyone gets something special and unique to remember me by. Is there anything from the house you’d like to inherit when I die?”

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“Mom, you know I would be so upset if something happened to you and you couldn’t communicate with me. That’s why I need to know your wishes.”

“I’d love to have ‘Let it Be’ by the Beatles played at my funeral. Let me explain why that song is so important to me so you understand why I want it to be a part of the service.”

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