

In the End

A practical guide to dying



Starting your advance care plan

Use this checklist to start thinking about your advance care planning.
(Refer to page 104 of *In the end: a practical guide to dying*)

Question	Notes
What do you value most in your life? For example – independence, nature, conversation, activities, or something else?	
Would you prefer to live as long as possible, no matter what? Or is quality of life more important to you than quantity?	
Are you worried that you might not be given enough treatment, or that you might be given overly aggressive treatments?	

<p>Are you happy to hand decisions about resuscitation and life-prolonging treatments to your medical treatment decision-maker? Do you think they will be comfortable making these decisions?</p>	
<p>What will be important to you when you are dying? Do you want your family and friends to be with you? Do you want tubes and medications that are not adding to your comfort to be removed?</p>	
<p>Where would you prefer to die? At home or in a hospital or hospice?</p>	
<p>Other notes</p>	