the conversation project
in boulder county
a program of **TRU** | **COMMUNITYCARE**

NAME _____   DATE _____

The Conversation Project is dedicated to helping people talk about their wishes for care through the end of life. We developed the Conversation Starter Guide to help you begin what can be challenging discussions. We encourage you to use this tool to identify your values. It can serve as a guide to a conversation. You may wish to visit: theconversationproject.org and download the full version of the Starter Guide that comes complete with helpful information about how and why the conversation is so important.

When should you have the conversation?

Even if you're in good health, it's still important to make sure the people who matter most to you and your health care team know your wishes, since anyone's health status can change suddenly. It's particularly important if you or someone you care for has a chronic or serious illness. Every conversation will help the important people in your life understand what matters to you.

? **As you think about how you want to live through the end of your life, what's most important to you? Now finish this sentence: What matters to me through the end of life is...**
(For example, being able to recognize my children; being independent; being able to spend time with the ones that I love.)

Where I Stand Scales

For each statement below, mark the place on the line that is closest to what you think or believe about each statement now. (You can write on the dotted line below each scale if you'd like to explain or add notes about your answer.)

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

○·······○·······○·······○·······○

Only the basics about my condition and my treatment.

All the details about my condition and my treatment.

When there is a medical decision to be made, I would like...

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My health care team to do what they think is best.

To have a say in every health care decision.

What are your concerns about medical treatments?

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I worry that I won't get enough treatment.

I worry that I'll get too much treatment.

If you were seriously ill or near the end of your life, how much medical treatment would you feel was right for you?

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I would want to try every available treatment to extend my life , even if it's uncomfortable.

I would not want to try treatments that impact my quality of life in order to extend my life.

If I am diagnosed with a serious illness that could shorten my life, I would prefer to...

○·····○·····○·····○·····○

Not know how quickly it is progressing or my doctor's best estimation of how long I have to live.

Understand how quickly it is progressing and my doctor's best estimation of how long I have to live.

If you weren't able to speak for yourself, would you want people to follow all your wishes or do what they think is best in the moment?

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I want the people I trust to do exactly what I've said, even if it makes them uncomfortable.

I want the people I trust to do what brings them peace, even if it's different from what I've said.

Where do you prefer to be toward the end of life?

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I strongly prefer to spend my last days in a health care facility (hospital, assisted living, or nursing facility).

I strongly prefer to spend my last days at home.

When it comes to sharing information about my health with others...

○·····○·····○·····○·····○

I don't want those close to me to know all the details about my health.

I am comfortable with those close to me knowing all the details about my health.

? **Who would make decisions on your behalf if you are not able to?** This person is called a Healthcare Agent in Colorado. Use the Medical Durable Power of Attorney document (MDPOA) to appoint your Healthcare Agent. More information is available at: coloradocareplanning.org.

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? **Do you have any particular concerns (questions, fears) about your health? About the last phase of your life?**

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? **Based on the above, what are the most important things for your friends, family, and health care team to understand about what matters most to you through the end of life?**

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ColoradoCarePlanning.org

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