

# Making Peace with Death: **The Checklist**

You may not have formal documents, but you could already have ideas on how you would like to be remembered. One of the best things you can do for yourself and your loved ones is to write those thoughts down while you still have time to talk about them.

Use this checklist as a starting point for documenting your end-of-life care plan:

## Think about what matters most to you

- What does quality of life mean to you?
- What are your values?
- Where would you like to be at end of life?

## Talk early, talk often

- Share your ideas with your loved ones
- Ask them about their wishes too
- Check-in regularly

## Document your wishes

- Create an Advanced Care Directive that outlines your wishes for treatment and care
- Make copies and keep them secure



### ● Ask for help on the journey

- Seek advice from specialist services
- Identify a trusted decision maker who can ensure your wishes are followed

### ● Plan for what happens after death

- What song would you like at your funeral?
- What photos do you want at a memorial?
- How would you like to be buried?

### ● Consider the legacy you want to leave

- What do you want to leave for your loved ones?
- What are your Bucket List items to complete?
- Create a Will to express your final wishes

### ● Review your plan regularly

- Reflect on the choices you have already made and update them as needed
- Keep talking to others about your wishes!