



NATIONAL HEALTHCARE DECISIONS DAY

★ *your decisions matter* ★

Facing the end of life can be emotional for everyone involved. Death of a loved one can be a frightening, stressful, guilt-ridden time, or it can be a celebration of a life well lived.

Every adult

- Is entitled to have the care they wish at the end of their lives.
- Should have a conversation with their loved ones ***before*** an emergency happens!
- Should ask themselves the following questions:

1. What is your understanding of your illness?
2. What are your fears/worries for the future?
3. What are your goals/priorities?
4. What medical outcomes are unacceptable to you? What are you willing to sacrifice?
5. What would a good day look like?

Have A Conversation

With friends. With family. With your doctor.

Do you want CPR?

If you are found not breathing, and without a pulse, do you want the doctors to save your life?

CPR is not as effective as it is portrayed on television, so make sure you discuss all the probable outcomes with your doctor.

Who is your healthcare proxy?

Who do you want to speak for you, if you cannot speak for yourself?

A health care proxy is someone you trust to make healthcare decisions for you, based on your goals and wishes.

Is there anything you don't want?

There are many medical interventions used at the end of a person's life, but you do not have to accept any of them if you do not want to. Talk with your doctor about the treatments you find acceptable.

Where do you want to die?

While some would prefer to die at home, surrounded by family and friends, others want to die in a hospital, surrounded by a medical team. You need to decide which is right for you.