

# Planning Ahead

*If we prepared for the end of our lives as thoroughly as our parents probably prepared for our "beginning," perhaps we would not approach the end with such silence and fear. We actually have more control than we think over how we will spend our last days. However, like getting married, starting a family, buying a house, or preparing for retirement, approaching the end of life takes prayerful, thoughtful planning.*

Prayerfully consider the following statements and answer them as honestly as possible. You will not be asked to share your answers with anyone. This is simply an exercise to help you start to think about what steps you can take to live well until the final celebration of life.

1. The person(s) I want to make decisions about my medical care if I cannot do so for myself is/are:
2. I have talked with the person(s) named above about what I would want in terms of medical care:  
 Yes       No
3. I have named this person(s) in a legally acceptable document, such as an advance directive.  
 Yes       No
4. I have talked with my primary physician about what I would want in terms of medical care.  
 Yes       No
5. At the end of my life, I would prefer to be:  
 at home  
 in a nursing home  
 in the hospital  
 other (please specify: \_\_\_\_\_)
6. I want hospice to help with my care at the end of life.  
 Yes       No
7. I would like to be an organ donor.  
 Yes       No
8. If I want to be an organ donor, I have indicated in an acceptable document (advance directive, driver's license) **and** let my family know of these wishes.  
 Yes       No
9. If someone asked me how I would want to be remembered after my death, I would tell them:  

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10. Dr. Ira Byock, a hospice physician, believes that at the end of life we need to be able to say the following words to those we love. Indicate whether or not you could say them:  
  
"I forgive you."       Yes       No  
"Please forgive me."       Yes       No  
"Thank you."       Yes       No

“I love you.”                     Yes     No  
“Good-bye.”                     Yes     No

11. I have made funeral arrangements or at least told my family what arrangements I would want after my death.  
 Yes             No

12. I would like the following scriptures/readings read at my funeral/memorial service:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. I would like the following hymns/songs sung or played at my funeral/memorial service:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

14. Life is a gift from God and dying is a part of that gift. In appreciation for this gift and in order for me to live as fully as possible with whatever time I have left in this world, I humbly ask God to help me do the following.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please write down any other thoughts you have about the end of life.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_