

My Values...

Some values will be more important to you than others. Exploring these can assist in identifying your wishes about your current and future care.

The following are some examples that may assist you in further thinking about YOUR care wishes. On the back page is some space for you to start writing these down.



Relationships with Health Care Professionals

- Having a professional with whom I feel comfortable.
- Having someone who will listen.
- Trusting my care team.
- Having a health professional with whom I can discuss fears.
- Having a doctor who knows me as a whole person.
- Knowing that my doctor is comfortable talking about death and dying.



The Celtic Spiral Knot

This Celtic symbol, in its purest form, stands for eternal life. The spiral stands for continuous growth, eternal life and movement in the cosmos from life to death and rebirth.

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'The important thing is to see things as a whole and to be present in each moment. Then we can find harmony in our relationships in this world.'

Mari Morisawa

Decisions about Symptom and Personal Care

- Having my medical wishes known.
- Being free of pain.
- Being free of shortness of breath.
- Being free from anxiety.
- Being kept clean.
- Having personal touch.
- Dying at home/hospice/hospital.

Achieving a Sense of Completion about Life

- Attending a significant event.
- Saying goodbye to important people.
- Resolving unfinished business with family or friends.
- Remembering personal accomplishments.
- Completing the tasks that are important to me.
- Being at peace.
- Resolving conflicts.

Preparation at the End of Life

- Writing down my treatment preferences.
- Appointing a decision maker.
- Having my financial affairs in order.
- Planning my funeral.
- Feeling prepared to die.
- Believing my family is prepared for my death.
- Knowing that my significant others understand my wishes.
- Knowing what to expect about my physical condition.

Being Treated as a Whole Person

- Being able to pray or meditate.
- Maintaining my sense of humour.
- Maintaining my dignity.
- Not dying alone.
- Having my family present.
- Having my close friends involved.
- Dying alone with no one present.
- Being with my pets.
- Discussing my spiritual/cultural needs.

