



The goal is for you and your loved ones to receive quality care and a continued quality of life experience. Advocacy is an essential step in quality of care. It is key that you have a voice in how you or your loved one communicates how care needs are met. Please answer each question as candidly as possible so that all caregivers may learn about your wishes for care through the end of life.

What matters to me through the end of life (comfort, family, independence, etc.)?

If you do not have a POA document completed, who do you want assigned to make your decisions? (Consider completing the POA of Health Care and POA of Finance to make this preference legal)

Who supports you during difficult times?

How much do you want to know about your condition and/or treatment? (minimum, everything, somewhere in the middle):

Do you want to have input in every healthcare decision, or do you prefer others to make them for you?



If you cannot eat or drink on your own, do you want artificial nutrition and/or hydration?

How much pain is acceptable to you? Do you want to be pain-free even if it means being less alert/awake?

At the end of life, do you want medication to make you more comfortable even if it makes you less alert/awake?

What do you worry about most regarding your future?

Do you prefer treatment that focuses on quality of life or quantity of life?

Do you prefer to spend your last days in a facility or at home?



If you cannot manage safely at home, are you comfortable moving to a facility?

Do you want CPR, ventilator care, or other lifesaving measures? If so, to what extent?

When you die, do you want to be alone or have others with you? If others, who? If family members have something planned, do you prefer they cancel if able to stay with you or would you prefer they go, even if that means you may be alone when you die?

Are there any spiritual or religious preferences you want honored?

***Fillable version available at <https://www.inclusa.org/providers/resources/dementia-care-resources/>**
***We encourage keeping this document easily accessible by caregivers.**