

# End of Life Conversation



## Helpful Starters for the conversation about End of Life

- “I need your help with something.”
- “Can you and I have a conversation about \_\_\_\_\_?”
- “I was thinking about what happened to \_\_\_\_\_, and it made me realize\_\_\_\_\_.”
- “Even though I’m OK right now, I’m worried that \_\_\_\_\_, and I want to be prepared. Can we talk about some things that matter to me?”
- “Will you help me think about my future?”
- “When \_\_\_\_\_died, do you think their wishes and priorities were respected toward the end of their life?”

### **Using Props**

- “I started working on a project for when I am no longer here and wanted to talk to you about it”
- “Let’s look at these old family photos together...all these people are only memories now...I would like to talk about how I would like to be remembered with you...”
- “Let’s look at these old family photos together...all these people are only memories now...I would like to talk about how you would like to be remembered ...”

A tool to use to organize your plans:

An evidence-based, holistic [end-of-life planning workbook](#). Developed by our doulas and nurses, with input from planning experts, it describes what you do and don’t want to happen before, during and after your death - offered by Peaceful Presence. They are offering \$10 off with the discount code: IMERMAN

Source: [theconversationproject.org](http://theconversationproject.org)

<https://ils.org/support-resources/other-helpful-organizations/patient-and-caregiver-support-and-counseling->