

FOUR QUESTIONS

TO START SERIOUS ILLNESS CONVERSATIONS WITH YOUR HEALTH CARE PROVIDER

1. What is my understanding of my illness?

Understanding my condition or illness can help inform discussions about care choices, including avoiding treatments that may not benefit me or even cause harm.

2. What matters most to me?

Sharing my values about what is important to me at the end of life can improve my care. These values can include spiritual, emotional, and comfort considerations.

3. How much am I willing to go through for the sake of added time?

Learning about the potential risks and benefits of life-prolonging treatments like CPR or feeding tubes at the end of life can help inform an understanding of what I want or do not want.

4. Do I have a health care decision-maker who knows my wishes if I can no longer speak for myself?

Sometimes at the end of life people can have difficulty communicating or can no longer communicate. A trusted person who knows my wishes can speak for me.