

Choices about death and dying

Initials & Date: _____

How would you like to spend your last days?

Many people have strong opinions about what would be important to them at the very end of their lives. For some, they want to express things they would like to have happen. Others want to be sure that certain things they dislike or fear will be avoided. What are some of the things that you would hope for that could make your last weeks, days, or hours the most peaceful?

Instructions For each row, check (✓) one answer to express how important these issues would be to you if you were dying.

	Not Important	Moderately Important	Very Important	Extremely Important
a. Avoiding pain and suffering, even if it means that I might not live as long.				
b. Being alert, even if it means I might be in pain.				
c. Being around my family and close friends.				
d. Being able to feel someone touching me.				
e. Having religious or spiritual advisors at my side when I die.				
f. Being able to tell my life story and leave good memories for others.				
g. Reconciling differences and saying "good-bye" to my family and friends.				
h. Being at home when I die.				
i. Being in a hospital when I die.				
j. Being kept alive long enough for my family to get to my bedside to see me before I die, even if I'm unconscious.				

k. What are your biggest hopes about the end of your life?

l. What are your biggest fears about the end of your life?

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Other related matters

The topics that have been covered up to this point have related to decisions about your health care in the event you could not speak for yourself. Your decisions about the next topics would go into effect after your death. We include them here because they are related issues that you may want to communicate to others. There is a list of organizations and other resources on page 52 if you need more information about these related matters.

Organ donation and autopsy

Sometimes after death, organs and tissues can be used to help other people who need them. Family members must give consent to transplant your organs. You can help them make this decision by letting them know how you feel about this. After an autopsy, the body can be shown and buried.

Instructions Circle one word to express how you feel.

I want to donate any viable organs/tissues. **Yes** **Not sure** **No**

If yes, have you filled out an organ donor card?

Have you told your family?

I consent to the use of all or part of my body for medical research. **Yes** **Not sure** **No**

If yes, do you have a preference for a research institution?

Have you told your family?

I permit an autopsy. **Yes** **Not sure** **No**

Burial arrangements

People often leave instructions about what they want done with their bodies after they die. Some want to be buried in a particular place, perhaps in a cemetery with other family. Other people would prefer to be cremated and have their ashes put or scattered in a special place. You can indicate your preferences by answering the questions below.

I would prefer to be: (circle one) **Buried** **Cremated** **No preference**

I would like my remains to be placed: _____

Other preferences: _____

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Funeral or memorial services

People have different ideas about funerals and memorial services. These services are often very comforting to family and friends as they celebrate and honor the life of their loved one. Services also can make a statement about one's religious faith. Write in below any thoughts about a funeral or memorial service such as where it should be held, songs or readings to be included, where donations should be sent, information for an obituary notice, or other wishes.
