

Fiche 10 (extraits d'1 outil)

People planning ahead. A guide to communicating healthcare end-of-life wishes
(La planification à l'avance par les personnes. Un guide pour communiquer les souhaits en matière de soins et de fin de vie) Livret 61 pages et CDRom 33 pages) 2009 (14 extraits)

Ownership of manual

This manual belongs to:

Date we started the process:

Dates of follow-up conversations:

Who has contributed to this process?

Who else still needs to contribute?

People Planning Ahead **2**

Things to Figure Out

What we need to know	Who will figure it out	By when	What we learned

Favorite Things

Ask these questions of the person and people who know and love the person:



What are the person's favorite ways to spend his or her time? What did the person do before becoming ill? Whom does the person like to spend time with? What places does the person like to go? What are the person's hobbies?



Things the Person Does Not Like

What are the things that the person does not like or that annoy him or her? Are there people the person doesn't want to be around? What makes him or her bored or grumpy? What is the person afraid of? Are there procedures that are necessary but that the person doesn't like (e.g., dialysis)?

A great weekend would be

A bad weekend would be

<p>Blank lined area for writing 'A great weekend would be'</p>	<p>Blank lined area for writing 'A bad weekend would be'</p>
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A Great Weekend

What would a great weekend look like for the person? What does the person do when he or she first gets up on a great weekend? What does the person eat for breakfast, lunch, and dinner on a great weekend? How would the person spend his or her time and with whom on a great weekend? What happens at night? What would be the person’s worst weekend? What kinds of things would make the person mad, sad, or frustrated during his or her worst weekend? If the person feels that he or she doesn’t have any “bad” weekends, think about all of the good and bad moments the person has had over the past several years. Write a list of the good moments under “great weekend” and a list of the bad moments under “bad weekend.”



A Positive Rituals Survey ¹¹

Positive rituals ease us through our days and help us mark special occasions. For each of the following questions, include as much detail as possible. Feel free to use extra sheets of paper.

List the person’s morning rituals (how he or she wakes up or gets up best):

List bedtime rituals:

List the person’s rituals for arrival at work, school, the retirement center, or the hospital:

11 Smull, M., Bourne, M. L., & Allen, B. (2004). Familiesplanning together: Starting work on an essential lifestyle plan (p.10). Available at <http://www.learningcommunity.us>

How _____ Communicates With Us

What is happening?	_____ does this	We think it means	And we should



Health and Safety

In this section, identify specific issues about the person's health, current treatments, therapies, and so on and any concerns people who know and love the person may have. If the person you are planning with is currently healthy, you may pick and choose which questions to answer at this time. Please give as much detail as possible, and use as many sheets of paper as you need.

What is the person's illness or disease?*

How does it make the person feel? What does it cause the person to do (e.g., tremble, have slurred speech, feel really tired)?

*For people with dementia, see page 38.

Where the Person Lives and Dies

For many of us, where we live is just as important as how we live. As a person needs increasing care and support due to a progressive disability and/or critical or terminal illness, the following questions should be considered. Include as much detail as possible, and use extra sheets of paper if necessary.

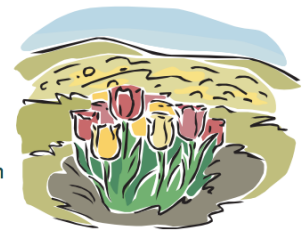


How would the person feel about having someone come into his or her home on a more frequent or daily basis to provide assistance?

How would the person feel about having someone move in to provide support and care?

Rituals of Comfort

Ask the person or people who know the person best to think about places that the person likes to rest, sit, or lie down and rituals that bring the person comfort (e.g., pets, music, massage). If you have already listed this information earlier in the "rituals" section, just note here that readers should also see pages 26–29 for more information.



End-of-Life Wishes

For people with a diagnosed terminal illness:



Remember, this will not replace the person's advance directives, but it should guide you, the person, and loved ones to think about issues that may arise as the person's health declines. We recommend including this information in the person's advance directives, and this completed document should be attached to the advance directives.

Does the person have a designated power of attorney for health care? Who is it, and where are the documents?

Has the person talked with his or her power of attorney for health care about his or her wishes? Are those wishes written down? Where? Who has those documents?

Final Arrangements

Prior to completing this section, facilitators should find out how the funeral expenses will be covered. A person's wishes may change depending upon the funds available.

Are there funds available for burial, cremation, a funeral service, and so on? Who has this information? Where is this information kept?

Does the person wish to be buried or cremated?

If cremated, what is to be done with his or her ashes?



What Is Important to This Person?

Current information: What do others need to know about the things that are important to the person? Who are the people who are most important to him or her? What does he or she do with them? What are the things that this person has to do (and things he or she needs to have) to be happy?

New things we have learned since we began planning

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What Are the Characteristics of People Who Support This Person Best?

Current information: If you were going to pick a new person to work with the individual (e.g., case manager, staff in a home), what would you look for? What do the people whom the individual likes to work with have in common? Have there been people that he or she couldn't work with? What do they have in common?

New things we have learned since we began planning

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