



WORRY-FREE WEDNESDAYS

END-OF-LIFE PLANNING CHECKLIST

- 1. Complete an End-of-Life Values Worksheet**
 - Help clarify your perspective and beliefs about living and dying
 - Use as a guide for conversations with those who support you to explain your choices

- 2. Complete Advance Directives**
 - Select, complete and sign a Durable Power of Attorney for Healthcare
 - Select, complete and sign a Health Care Directive /Living Will
 - Evaluate need for POLST, Dementia Directive and Oral Feeding & Drinking Directive
 - Add addendum in writing or video if you choose to share additional end-of-life wishes, or reinforce choices

- 3. Identify Supportive Primary Care Physician and Care Providers**
 - Talk to your physician and care providers about options you would want to consider i.e.. Natural Death, Medical Aid in Dying, Voluntarily Stopping Eating and Drinking, and Stopping Treatment. Make sure they can and will support these choices.

- 4. Provide Copies of Advance Directives to Key People and Display POLST**
 - Share end-of-life planning documents with loved ones, health care agent, other support team members, and ask all medical providers to add a copy to your electronic files
 - Display a copy of POLST form prominently if you have one

- 5. Evaluate need for Last Will & Testament and Management of Financial Records, Digital Accounts, and Insurance Documents**
 - Ensure updated financial and legal documents and all digital account usernames and passwords are accessible by those you've selected to manage your affairs
 - Name Durable Power of Attorney for Finances if needed

- 6. Prepare Final Disposition Arrangements and Designated Agent**
 - Decide what you want to happen to your body when you die and who will be responsible
 - Complete designated agent form, disposition authorization form and vital statistics form

- 7. Shape Your Legacy**
 - Document and share any wishes you have for a gathering after you die – Memorial, Funeral Service, Celebration of Life, etc.
 - Consider letters, gifts, sentiments you want to leave for those left behind

www.worryfreewednesdays.com
info@worryfreewednesdays.com