



End-of-Life Planning Checklist

Below is a list of actions you can take to have your wishes known by all who care for you and those that are left behind. For questions about which are essential or to be considered, contact us at info@knownwishes.com.

END-OF-LIFE ACTIONS	ESSENTIAL	TO CONSIDER
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 Healthcare Directive/Living Will		
Evaluate need for POLST and Dementia/Mental Health Directives		
Add addendum in writing or video as I see fit to share additional end-of-life wishes or reinforce choices		
3. Identify Supportive Primary Care Physician and Care Providers		
Talk to you physician and care providers about options you would want to consider regarding a 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 and Display POLST		
Share end-of-life documents with loved ones, healthcare agent, other support team members, and ask all medical providers to add a copy to		
Display copy of POLST prominently if you have one		
Consider medical alert jewelry or emergency contact cards and apps to ensure your wishes can be known		
5. Last Will & Testament, Financial Records, Digital Accounts, Insurance		
Create Will or Trust, Name Executor or Trustee, Fill out a Durable Power of Attorney for Finance		
Update insurance as needed as health status changes (medical updates can change coverage)		
Ensure updated financial and legal documents, and all digital account usernames and passwords, are accessible by the named individuals		
Designate beneficiaries of assets and sentimental items		
6. Final Disposition Arrangement and Designated Agent		
Decide how you want your body cared for after you die and who will be responsible. Complete After-Death Disposition Forms		
7. Shape Your Legacy		
Document and share anything you do or do not want for a remembrance, gathering, eulogy, obituary and after you die		
Consider letters, gifts, sentiments or designation of items to individuals and groups you choose		