



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
 - Consider medical alert jewelry or emergency contact cards and apps

- 5. Evaluate need for Last Will & Testament and Management of Legal and Finances and Records, Digital Accounts, and Insurance Documents**
 - Create Will and name Executor and/or Durable Power of Attorney for Finances
 - Ensure updated financial and legal documents and information, and all digital account usernames and passwords are accessible to person selected to manage your affairs
 - Create “where to find” list of important documents and/or manage sensitive or personal items you want privately managed in the event of an unexpected death
 - Designate beneficiaries of assets and sentimental/valuable items

- 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
 - Choose designated disposition agent, 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 after you die
 - Consider letters, gifts, sentiments or designation of items to individuals you choose