



Let's Talk About ... End of Life

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Description: Life is filled with surprises, some wonderful and some life-altering. We easily talk about the fun things, the good things, the amazing things - but we shy away from conversations about one of the most life-altering issues that ultimately face every single one of us - death, our own or that of close family members or friends.

Here are some startling numbers: 90% of people say that talking with their loved ones about end-of-life issues is important. The startling reality is that only about 27% have had that conversation. Another eye-opener is that of people who are not ill, 80% of them say that if they were seriously ill, they would want to speak to their doctor about their wishes for their end-of-life treatment. 7% actually follow through on this.

Getting acquainted and comfortable

5 min.

Welcome

- Thank you for coming...
- We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

The Pillars of The Great Reset

- To share our own thoughts and perspectives with humility
- To learn from others and listen with respect

Ground Rules

- Every comment is valid and deserving of respect
- We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking
- In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

Confidentiality

I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space.**



*****If you are online and in a recording environment remind everyone 'we're recording but we won't use any clips without approval'*****

Personal Introductions:

Please share your name and where are you from.

A couple important definitions:

Healthcare proxy: In the field of medicine, a **healthcare proxy** (commonly referred to as HCP) is a document (legal instrument) with which a patient (primary individual) appoints an agent to legally make healthcare decisions on behalf of the patient when the patient is incapable of making and executing the healthcare decisions stipulated in the proxy.

End-of-life doula: An End-of-Life Doula provides advance guidance and practical help to the dying and their family, while prioritizing the patient's comfort, quality of life, and final wishes throughout the process.

Discussion Questions:

1. **(15 minutes)** Are you comfortable talking about your or your loved one's final wishes for end-of-life care? Why or why not? Can you share any life experiences you may have had regarding the death of a loved one?
2. **(15 minutes)** When, if ever, have you had a conversation about your death or that of a loved one? Do you feel it is necessary or should the chips fall where they lie when an event occurs?
3. **(15 minutes)** If you unexpectedly died today, would your loved ones know what your wishes are? Buried or cremated, cemetery internment or scattering of ashes, what to do with your personal belongings, your finances, your bequests. Will they be left in a dither, or will you have guidelines in place for them?
4. **(15 minutes)** A healthcare proxy: Do you or your loved one(s) have a proxy in place? Would you like to discuss more about a proxy? Who do you think needs to have a healthcare proxy and who does it serve?
 1. Probe for things such as illness regardless of age, family who is apart from one another, and how it serves not just the person in the situation of needing it but those whom they love.
 2. Discuss how an HCP can help alleviate the unknown of having to make decisions on your loved ones' behalf without knowing if those are their wishes. Reduces stress for caregiver.