

### INSTRUCTIONS

TO COMPLETE 5.1

Use the A-Z index to stimulate your thinking and follow the instructions and prompts on the worksheets, which are written in italics. Then record your preferences and instructions about the way you want to be cared for when you are dying.

You may find the discussion starter at <http://dyingtotalk.org.au/discussion-starter/> a useful tool to think about what you may want.

Tick the boxes to let people know how important each item is to you, and whether or not arrangements are already made for that item. You can add to this list, or leave aspects blank.

**Tick the degree of importance of each item to you using this scale:**

**1** = no importance at all    **2** = not that important    **3** = fairly important    **4** = very important

<b>MY DYING WISHES</b> <i>(Suggestions of things you may wish to record are provided. Add anything that is important to you.)</i>	<b>IMPORTANCE TO ME</b>				<b>ARRANGEMENTS ARE MADE</b>		<b>MY PREFERENCES</b> <i>(Record information about each item and how you want it performed if this is important to you. If you are unsure or don't care leave it blank.)</i>
	1	2	3	4	YES	NO	
<b>What would be most important to you as you near the end of life?</b> <i>(e.g. to die at home, have my pet/s nearby, not left alone, to be included into normal family activity, to go to church, etc.)</i>							
<b>Which people are most important to you as you near the end of life?</b> <i>(e.g. my family, my closest friends, my church, etc.)</i>							
<b>How important is having information about your treatment?</b> <i>(e.g. Best case scenario of treatment options? Worst case scenario? Detailed explanations? Little information? etc.)</i>							
<b>Have you completed an 'Advance Care Plan' (ACP)?</b> <i>(Record the location of your ACP and your substitute decision maker's name and contact details)</i>							

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	1	2	3	4	YES	NO	
<b>What environment would you like when you are dying?</b> <i>(e.g. I prefer quiet, not too many people, full of conversation, only my partner, immediate family present, friends dropping by, etc.)</i>							
<b>Would you like music playing?</b> <i>(e.g. What type? Genres? Play lists? Music at certain times, music all the time?)</i>							
<b>Would you like to go outside if possible?</b> <i>(e.g. being in a garden, feeling the sun and the breeze, etc.)</i>							
<b>Are there people you want involved in your care?</b> <i>(e.g. palliative care team, GP, pastor/priest/religious leader, counsellor, etc.)</i>							
<b>Are there people you want to see before you die?</b> <i>(e.g. children, grandchildren, old friends, estranged family, etc.)</i>							
<b>Is there 'unfinished business' to complete before you die?</b> <i>(e.g. people to forgive, to ask forgiveness from, 'skeletons in the closet' to confess, etc.)</i>							

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	1	2	3	4	YES	NO	
<b>Are there people you wish to speak to?</b> <i>(e.g. to say "I love you", to thank, to share history with, to say goodbye? etc.)</i>							
<b>Are their topics and/or people you would like to talk to?</b> <i>(e.g. talk about childhood, reminisce about work, talk about finances, talk about religious beliefs, reminisce about family holidays, etc.)</i>							
<b>Would there be any food/ drinks you would prefer?</b> <i>(e.g. favourite drink or food you may want to share, etc.)</i>							
<b>Do you have a spiritual/ religious advisor you prefer?</b> <i>(e.g. pastor, priest, chaplain, reverend, elder, rabbi, imam, guide, etc.)</i>							
<b>Are there any cultural or religious practices/ you would prefer?</b> <i>(e.g. specific prayers, readings, last rites, etc.)</i>							
<b>Do you have a 'bucket list' of things you want to do before you die?</b> <i>(e.g. visiting a religious site, seeing a child married, seeing a child graduate, etc.)</i>							

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	1	2	3	4	YES	NO	
<b>Where would you prefer to die if you had a choice?</b> <i>(e.g. hospital, hospice, aged care facility, at my home, home of a family member)</i>							
<b>Would you like a special celebration before you die?</b> <i>(e.g. a party, Holy Communion)</i>							
<b>How do you want to communicate to others as you are dying?</b> <i>(e.g. a phone message updated daily, a daily blog update, a designated person to contact, etc.)</i>							
<b>Do you like having visitors? What should they do with you?</b> <i>(e.g. length of time to stay, hold my hand, tell me a joke, pray with me, read to me, sit in silence, etc.)</i>							
<b>Would you be prepared to donate your organs or tissues?</b> <i>(e.g. Do you have details registered at Donate Life?)</i>							