

Considering YOUR Priorities

Dr. Mannix, author of the great book “With the End in Mind”, has suggested that Advance Care Planning conversations are not about a checklist of treatment decisions, but rather about what matters most to you, about your priorities for living well. This is the kind of information that can guide your Substitute Decision Maker in making health care decisions on your behalf, when you are mentally incapable of making those decisions for yourself. As a result of the many discussion we have had on this topic, our team has put together **a set of statements to help you explore your own priorities for living well.**

We suggest you review this list and consider which of these priorities matter most and which are of least importance to you. Take your time and think about why the priorities you have chosen really matter to you. These can be a great way to begin a conversation with your family, friends, colleague and of course, your Substitute Decision Maker.

My priorities to live well are:

1. To be able to communicate with my loved ones and friends, and for me that means _____.
2. To be able to be independent and take care of basic life tasks for myself.
3. To be allowed to die if I am not aware of family/surroundings.
4. To be able to talk about what scares me.
5. To NOT be a burden to my family and to me that means _____.
6. To be free from uncontrollable pain or difficulty breathing.
7. To be kept alive as long as possible.
8. To accept and live with physical limitations as long as I can _____.
9. To remain at home *with adequate supports* for myself and caregivers rather than in an institutional setting.
10. To be able to continue to do as many of the things that bring me joy. To me those would be _____.
11. To be kept alive as long as there is a chance that I am able to achieve my goal of _____.