

# START THE CONVERSATION CHECKLIST



## KNOW YOUR OPTIONS

- I have reflected upon my personal values and priorities and I have thought about what makes life meaningful and important to me.
- I understand the importance of discussing the risks and benefits of medical interventions and treatments specific to my health condition.
- I have considered where and how I would like to be cared for if I were terminally ill.
- I understand the options in my community for palliative care and hospice.
- I know how to access end-of-life care for myself or a loved one.

## START THE CONVERSATION

- I have shared my wishes and concerns on end-of-life care with family and close friends.
- I have discussed with my family what role I want them to play in my end-of-life care and in making health care decisions.
- I have discussed my health care wishes, goals, and concerns with my doctor.

## MAKE A PLAN

- I have identified who I would like to represent me if I were unable to speak for myself (Health Care Agent).
- I have documented my wishes in an Advance Directive.
- I have recently reviewed my Advance Directive and decided if any changes need to be made.
- My Advance Directive is signed and has been properly witnessed.
- I have shared a copy of my Advance Directive with my Health Care Agent, my doctor, and my family.
- My Advance Directive is filed with the Vermont State Registry.

## ABOUT THIS LIST

Lists help us organize our thoughts, keep us on track, and guide us in new processes. This list was developed with input from multiple sources and experts on advance care planning and end-of-life care. It provides some basic steps for you to consider. This process is unique for each person and is influenced by differences in your health condition, age, culture, and values. It is not intended to be a complete list of every step you may take to prepare for the end of life.

# START THE CONVERSATION

GET A CONVERSATION STARTER KIT AT  
[STARTTHECONVERSATIONVT.ORG](http://STARTTHECONVERSATIONVT.ORG)

START THE CONVERSATION IS A PUBLIC EDUCATION INITIATIVE OF THE VNAS OF VERMONT, YOUR NONPROFIT HOME HEALTH AND HOSPICE AGENCIES.