

## **TALKING WITH YOUR FAMILY SO THEY KNOW YOUR WISHES**

Health care treatments to discuss with your family so that they know your end-of-life wishes.

In discussions about end-of-life choices, one of the things that families commonly fail to do is to discuss health care treatments that patients are likely to receive at the end of life. The following set of questions may prove helpful to you and your family as you discuss your end-of-life choices and wishes.

If you were to have a large stroke and not wake up, would you want to be kept alive with a feeding tube? On a breathing machine? With dialysis? An attempt at CPR?

If you were to develop severe dementia so that you no longer knew who you were or where you were and no longer recognize family or friends and could no longer feed or dress yourself, would you want to be kept alive with a feeding tube? A breathing machine? Dialysis? An attempt at CPR?

If you had terminal cancer and there was no further chemotherapy or radiation therapy that could help you and you were too sick to tell your family what you wanted, would you want to be kept alive with a feeding tube? A breathing machine? Dialysis? An attempt at CPR?

If you are in an accident (a car accident or an industrial accident at work), and you were permanently unconscious as a result of the accident, would you want to be kept alive with a feeding tube? A breathing machine? Dialysis? An attempt at CPR?

In addition to telling your family what you would want, it would be helpful for you to write your wishes on a Medical Power of Attorney and/or Living Will form. If you complete a Medical Power of Attorney form and name a family member or friend to make decisions for you, you give this person the legal authority to make decisions based on your wishes. It is one of the best things you can do to ensure that your wishes at the end of life will be honored.