

\_\_\_\_\_ (name) \_\_\_\_\_ (date) **My concerns about long-term care, questions to ask, and some of my values or thoughts if I could not communicate these to others.**

*Note: For my caregivers or those making plans, please consider my wishes and ask what options might exist regarding my care—could I stay at my home? Is it practical, would I be comfortable, can I afford care at home, would non-home settings offer something very important?*

- What is the diagnosis? Is it likely to stay with me?
- What kind of help is needed?
- Who is helping (if anyone now) and what are they doing?
- What are the two or three things you think most important to you regarding where you want to live?

Who are your doctors?

About me.

***What I like to be called:***

***Family and friends and enemies.*** I am pretty close to the following family members and friends listed below (list as many or as few as you like—but think about it first—if you haven't actually seen someone or called them in say, two months or so, should they be on this list?) If you wish, also rate these folks on a scale of 1 to 3, with "1" being "super close and involved" to "2" being "quite close" and "3" being "we are close but don't actually talk or see each other a lot, and that's ok."

On the other hand, keep these folks at bay, or away, if possible:

***A sense of independence or community?*** Are you pretty happy with your own company or just a few people in your life? Or do you tend to be gregarious by nature or a “joiner?” Explain just a bit so that others might understand your thoughts.

***Language and Sound/Arts, Movies, Music and Literature:*** Over the years your tastes may have changed, but if someone was to peek into your soul now, or had to pick out a movie or show for you to watch, or if you got to choose your favorite 5 songs, or favorite two types of music, what would those be? What genre of music do you hate or what kind of music makes you grind your teeth? What is your native language? What languages do you also understand? And finally, do you have any songs or movies or books or comics from your youth, or more recently, that you still adore—if so, what are they?

***Faith and Philosophy:*** What is your faith, if any? Do you practice it? If you have a place of worship, have you been in the last year? Why or why not? What does your philosophy or faith suggest as a guideline for you and others if you are disabled before death, and what does it say about you after your death? Is there something important others should know—or are you somewhat indifferent to such issues?

***Food and drink:*** Provided there were no dietary restrictions, what would you eat or drink at least once a week or more? Favorite drinks (with or without alcohol)? Favorite food(s). And the foods you can't abide or drinks you hate?

***If I had just a small studio or room at the end of life,*** but could bring 4-6 non-clothing related items from home, I would bring (art, furniture, dishes, music, books, tools, etc.) the following:

***Longevity, enjoyment, independence and assistance:*** On balance, do you admire long life? What if assistance might be needed? Do you feel sorry for "old people" or do you feel sorry for them if others must help them with activities of daily living? Have you ever talked about "pulling the plug" for yourself or someone else? What informs such a decision?

***Safety and Risks:*** I think there should be a tipping point between safety and independence. I want those around me to understand I might rather die at some point rather than be 100 percent safe. **Yes or No? \_\_\_\_\_ I would feel trapped or unhappy if:**

***Favorites in consumer items and colors?*** Do you care? Name your favorite soap, detergent, toothpaste, lotion, shampoo, and piece of clothing and color.

***My main jobs*** over the years are listed below and I have noted the jobs I hated and loved:

*One thing most people don't know about me is:*

*One thing most people do know about me is:*

*My favorite times of the day*—these may have changed over the years, but what are your favorite times of the day now—and why? Do you have a *favorite season or holiday* of the year?

*Even if* disabled, I'd probably still like to try or continue these things as long as possible, with appropriate accommodations:

*I was able to cross this off my bucket list:*

*And this is still on my bucket list:*

Other tips to help caregivers as suggested by Alzheimer's groups and others:

Providing photographs/mementos from the person's life.

Sharing stories or memories about the person prior to his or her diagnosis.

Relaying successful caregiver ideas.

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