

# I just received the news that it's Terminal... *Now what?*



It is an overwhelming thing to hear that your medical treatment has changed from a life-saving one to an avoidance of suffering. It is often in these moments we no longer know what to ask, what to do, or what to think.

This is the exact moment that your individuality comes into play. Dying shouldn't be about just sitting there waiting for death to arrive. Even with a life-limiting diagnosis, you are still ***living***, up and until the moment you aren't. What is important for you and your loved ones to do in these moments is to find meaning in the time left and to find a way to focus on what matters most to you.

Below is a checklist designed to help you think about your legacy, your values, your wishes, and what kind of supportive care you'd like to receive both before and after your death.

## MAINTAINING MY SENSE OF SELF

### Have I thought About It?

- ☐ Who am I now?
- ☐ What role(s) are important for me to maintain?
- ☐ What, at this time, gives my life meaning & purpose?
- ☐ What does living in the moment mean to me?
- ☐ What privacy boundaries are important to me?
- ☐ What social support will I accept?

### Have I Documented It?

|                          |
|--------------------------|
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |

### Have I Talked About It?

|                          |
|--------------------------|
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |



FLIP



## ARTICULATING MY LEGACY

### Have I thought About It?

### Have I Documented It?

### Have I Talked About It?

- |   |                          |                          |
|---|--------------------------|--------------------------|
| <input type="checkbox"/> What is the meaning of my existence?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> What has my life amounted to?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> What difference will my life have made?              | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> How would I wish my loved ones to honour my memory?  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> What item(s) of remembrance might I share or create? | <input type="checkbox"/> | <input type="checkbox"/> |

## FOCUSING ON MY UNFINISHED BUSINESS

### Have I thought About It?

### Have I Documented It?

### Have I Talked About It?

- |  |                          |                          |
|--|--------------------------|--------------------------|
| <input type="checkbox"/> Will                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Power of Attorney                       | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Advance Directive (including MOST form) | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Representation Agreement                | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Advance Care Plan                       | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Ethical or Heart Will                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Legacy Project                          | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> After Death Care                        | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Celebrations & Rituals                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Obituary & Epitaph                      | <input type="checkbox"/> | <input type="checkbox"/> |

## Notes:

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