

MY FIVE WISHES: (Example Template)

The following is what an anonymous person wrote to give you an idea of how to interpret the five wishes. Your wishes may be very different and writing them down will help you and your loved ones later.

1. The people I want to make health care decisions for me when I can't.
2. The kind of medical treatment I want or don't want.
3. How comfortable I want to be.
4. How I want people to treat me.
5. What I want my loved ones to know.

1. The people I choose as my health care agents are: (Names and contact information)

2. The kind of medical treatment I want or don't want:

When or if the time comes that I am very sick and unable to speak for myself I want the following directions to be respected and followed:

- a. I do not want to be in pain. I want my doctor to give me enough medicine to relieve my pain even if that means I will be drowsy or sleeping a lot.
- b. I want to be offered food and fluids by mouth and kept clean and warm.
- c. If I am palliative (terminally ill) and/or approaching the end of my life I do NOT want any extraordinary measures taken to prolong my life, such as intubation, CPR, opening of the chest, blood transfusions or other emergency surgeries. An exception might be to mend a broken bone to relieve pain.
- d. I have signed a Representation Agreement which will include DNR (Do Not Resuscitate) instructions if I contract Alzheimer's or another terminal illness. The form will be on my fridge so that EHS workers can quickly find it if 911 is called. If something should happen before I have a DNR, please proceed with your POAs to get one from my doctor and sign it on my behalf, and inform my caregivers of it.
- e. If I am close to death or in a coma not expected to wake-up: If my doctor and another health care professional both decide that I am likely to die within a short period of time or not wake-up from a coma, I would like a doctor-assisted suicide, or at the very least, for doctors to stop giving me life-support treatment other than to maintain comfort and freedom from pain until the end.

3. My Wish for How Comfortable I Want to Be:

- a. I do not want to be in pain. I want my doctor to give me enough medicine to relieve my pain even if that means I will be drowsy or sleeping a lot.
- b. If I show signs of nausea, depression, shortness of breath or hallucinations, I want my care givers to do whatever they can to help me.

- c. I wish to move from acute care into palliative care (hospice) once my condition is terminal. If not hospice right away, at least palliative doctors treating me at home.
- d. I wish to have a cool moist cloth put on my head if I have a fever.
- e. I want my lips and mouth kept moist to stop dryness.
- f. I wish to be kept clean and have my hair washed frequently.
- g. If I am unable to move, I wish to be in a special tilting wheelchair during the day to avoid bed sores.

4. How I want people to treat me:

- f. I wish to have my favourite music played when possible until my time of death. (my favourite artists/composers are...).
- g. I wish to have personal care like nail clipping, hair brushing, tweezing/shaving, tooth brushing as long as they do not cause me pain or discomfort.
- h. I wish to be visited by family, friends and pet(s).
- i. I wish for my pet(s) to be adopted by my family or go to a good home.
- j. I wish to be read to aloud when I am near death.
- k. I wish to have pictures of my loved ones in my room.
- l. I wish to be spoken to respectfully, shown pictures, told stories about what's going on in peoples lives and in the world. Tell me funny stories.

5. What I want my loved ones to know:

- h. That I love them and was blessed to have had them in my life.
- i. That am very proud of my family for they made my life so much richer.
- j. I wish for family and friends to look at my dying as a time for personal growth for everyone, including me. This will help all of us in my final days.
- k. If some kind of service is to be held, let it be a celebration for a life well lived, with lots of good food, drink and funny stories. I'll pick up the tab, so go for it. Just have fun because I plan to be there in spirit.
- l. I wish for you to know that I do not fear death itself. I think it is not the end, but a new beginning. A new journey.
- m. After my death, and after any remaining healthy organs have been donated, I would like my body to be cremated.
- n. I would like my ashes...

Name

Date

Witness

Date

(If possible, have this witnessed by a lawyer, notary or healthcare professional)