

QUESTIONS TO ASK CONCERNING CAREGIVING

PLAN
WELL

Often, people find it difficult to talk about serious illness decision-making with their Substitute Decision Makers. But we know that when people take the time to learn, think, and talk about their wishes for medical care, it is really helpful for them, their loved ones and the health care team. They are also more likely to get the care that matches their values preferences.

Review these important questions below with your Substitute Decision Maker. The answers you come up with will be beneficial in giving guidance to your SDM when they are called upon to make decisions for you.

Where would you want to live?

- Stay in your own home vs. move to a supportive setting/ institution vs. not important.
- Would you want a private room? Is having a window to the outside world important?
- If move to supportive setting/ facility, what criteria would be important (ex: language, availability of religious services, near family, design features, etc.)



Who would you want or not want to visit you?



Would you want family or friends to help with your daily care, or would you want to mainly rely on paid professional caregivers?



If caring for you created hardships (e.g. financial or health) for your family member, what would your wishes be?



Who would you want to have access (or not have access) to your personal health information?



What other personal and/or spiritual observances would you want recognized?



What are the things or activities you would consider most important for your quality of life?



What kind of clothes would you want to wear? What would you want to eat/ not eat?



What preferences or habits would you want recognized?



What circumstances would you consider as a low quality of life?

