

## **Questions list for End of Life discussion:**

### **Who are you?**

- What do you like to do?
- What jobs have you had?
- What do you do on your free time?
- What things are you most proud of?
- What do you regret?
- What are your favorite foods? And/or drinks?
- Are there foods/drinks you don't like?

### **Who are the people that are important to you?**

- Who's in your family?
- Who do you enjoy spending time with?
- What do you do as a family?
- Are there relationships that need healing? What does that look like for you?
- Who do you want to know or not know what is going on now in your life?
- Who do you want to be surrounded by?

### **What are your views on your treatment?**

- What do you understand about your illness?
- How much do you want to know? If you have a terminal illness, do you want to know all the Dr can tell you or how much information is important for you to have? Are there others you would like to have that information or some you don't want to know?
- Who do you want to help make decisions about your health?
- What things are acceptable to you as you look ahead? Are there things you would not like done?

### **What gives you hope?**

- Do you follow any religion?
- What brings you peace?
- Are there faith practices or rituals you feel are important to do each day?
- Are there special things you do to celebrate different holidays?
- What is your favorite holiday?

### **What are your thoughts about death?**

- What brings you comfort?
- Do you have a favorite position you like to rest in?
- What do you want your surroundings to be like?
- What are you afraid of?
- Where do you want to be?
- Who do you want with you?
- What do you think happens after death?
- What is God like?
- Are there things you want to say before you are unable? Who are the people that need to hear them?

## Resources:

Balaban, R. B. (2000). A physician's guide to talking about end-of-life care. *Journal of General Internal Medicine*, 15(3), 195–200. <https://doi.org/10.1046/j.1525-1497.2000.07228.x>

Byock, I. (2014). *The four things that matter most - 10th anniversary edition: A book about living* (1st ed.). Atria Books.

The Conversation Project. (2021, November 8). *Have you had the conversation?*  
<https://theconversationproject.org/>

A resource that includes a kit, videos, and many resources for families and practitioners.

EthnoMed. (2021, June 18). *Cultural relevance in End-of-Life care*.

<https://ethnomed.org/resource/cultural-relevance-in-end-of-life-care/>

Five Wishes. (n.d.). *Your living will and advance directive | five wishes for you*. Five Wishes for Individuals and Families. <https://fivewishes.org/five-wishes/individuals-families/individuals-and-families>

A resource for planning /communicating advanced directives

Frontline [PBS]. (2020, March 17). *Being mortal (full film)* [Video]. YouTube.

<https://www.youtube.com/watch?v=lQhI3Jb7vMg>

Gawande, A. (2017). *Being mortal: Medicine and what matters in the end* (1st ed.). Picador.

Goyer, A. & Markowitz A. (2021). *How to start a conversation about End-of-Life care*. AARP.  
<https://www.aarp.org/caregiving/basics/info-2020/end-of-life-talk-care-talk.html>

Kubler-Ross, E. (2014). *On death and dying* (1st ed.). Scribner.

National Institute on Aging. (n.d.). *Providing care and comfort at the end of life*.

<https://www.nia.nih.gov/health/providing-comfort-end-life>

Resources for families and patients with simple terms and videos.

Whitley, M. (2020, April 26). *What to say to a dying senior loved one*. A Place for Mom.

<https://www.aplaceformom.com/caregiver-resources/articles/comfort-the-dying>

Article- Essential Words of Comfort for a Dying Loved One