

AEVIA

Preparing for End of Life

A Practical Guide

Preparing for the end of life can feel overwhelming, and there is no single "right" way to do it. This guide offers a thoughtful place to begin - helping you consider your wishes, organize practical details, and start meaningful conversations with the people you trust.

You do not need to complete everything at once. Move through these pages at your own pace, focusing on what feels most important to you right now.

Created with care by Aevia End-of-Life Care

A Thoughtful Place to Begin

Use these points as prompts, not requirements.

1. My Wishes & Priorities

- Consider what quality of life means to me.
- Think about what matters most if my health changes.
- Consider where I would prefer to receive care.
- Identify what brings me comfort, peace, or a sense of safety.
- Consider any cultural, spiritual, religious, or personal traditions I want honored.
- Write down anything I strongly want - or do not want - at the end of life.

2. Healthcare & Advance-Care Planning

- Identify the person I trust to speak for me if I cannot speak for myself.
- Complete or review my advance healthcare directive.
- Discuss my wishes with my chosen healthcare decision-maker.
- Ask my healthcare provider whether a POLST is appropriate for me.
- Make sure important people know where these documents are kept.
- Provide copies to the appropriate members of my healthcare team.

3. Important Information & Practical Matters

- Gather important identification and legal documents.
- Organize insurance and healthcare information.
- Make a list of important contacts.
- Make sure a trusted person knows how to access essential information.
- Consider care arrangements for pets or other dependents.
- Review funeral, burial, cremation, donation, or other after-death wishes.

4. Conversations I Want to Have

- Talk with loved ones about what matters to me.
- Tell my healthcare decision-maker what I would want if circumstances change.
- Discuss any wishes surrounding visitors and bedside presence.
- Consider relationships or conversations that feel important to me.
- Ask the people close to me what questions or concerns they have.

5. Comfort, Environment & Meaning

- Think about where I feel most comfortable.
- Choose music, readings, photographs, objects, or other things I may want nearby.
- Consider who I would - and would not - want present.
- Write down preferences regarding touch, conversation, quiet, lighting, or other surroundings.
- Consider traditions or rituals that are meaningful to me.
- Think about what would help my space feel familiar and peaceful.

6. Legacy & What I Want to Leave Behind

- Consider letters or messages I may want to leave for loved ones.
- Record stories, memories, recipes, traditions, or family history.
- Organize meaningful photographs or belongings.
- Consider whether I want to create audio or video recordings.
- Think about particular belongings I would like given to specific people.
- Write down anything I want the people I love to remember.

What Matters Most to Me

Beyond the documents, decisions, and practical preparations, take a moment to consider what matters most to you. There are no wrong answers here.

I feel most at peace when...

The people I most want around me are...

Things that bring me comfort are...

Something I want my loved ones to know is...

What I hope this time can look and feel like is...

Please note: This guide is intended for educational and organizational purposes and does not constitute medical or legal advice. Questions about medical care, advance directives, POLST forms, or legal matters should be discussed with the appropriate healthcare or legal professional.