

My Wishes

This preplanning worksheet helps you think about what really matters to you for medical treatment, care, and your surroundings if you become seriously ill. You can use it to complete your Power of Attorney for Health Care paperwork and share it with your loved ones if you want.

Medical treatment: What is most important to me?

Do I want “life-support treatment” to extend my life?

This includes: help to breath, food and water through a feeding tube, CPR, antibiotics, and surgery. I can pick and choose: say YES to some and NO to others. I can choose WHEN: if I am in a certain condition like a coma or have brain damage or am close to death.

Pain Relief: Is it important to me to have pain reduced even if it means I'll sleep more?

Other Comfort: I want my caregivers to know this about my personal care (hair, nails, teeth, skin) and bathing preferences. Foods I love and hate

My Environment and Visitors: What would I like to have with me in a hospital or nursing home? Who would I like to visit me, and prefer not to visit?

Spiritual/Religious: If I am in the hospital or a nursing home what would I like to meet my spiritual needs? Do I want to be visited by a clergy person/religious leader? Do I want readings or music?

Decision-makers: Who DO you want to make health decisions for you if you can't? Who would you NOT want to make decisions who might insist on doing so?

Optional:

Pregnancy: If I am pregnant or may become pregnant, what are my wishes for all health care during that time?

Citations and additional resources

- Planning AHEAD - an affordable 7-session end-of-life planning program to help you understand why and how to prepare for the end of life for you or a loved one available virtual and in person across Wisconsin. Available at: <https://aging.extension.wisc.edu/programs/planning-ahead/>
- Five Wishes, a \$5 worksheet that helps you really think about everything that is important for you when you get seriously ill. Available at: <https://agingwithdignity.org/five-wishes/>