A Guide
For You
& Your
Loved One

Hospice
OF SOUTHERN ILLINOIS, INC.

Caregiver Conversations

WISHES YOUR WAY • WWW.HOSPICE.ORG

Let's Start With What's Happening Today

A GOOD OPENING EXAMPLE: "I'VE BEEN THINKING ABOUT SOME OF THE TOPICS IN THIS GUIDE. HERE ARE MY ANSWERS, LET'S COMPARE."

Have you thought about your health lately?

What do you feel most in control of?

What makes you feel most confident and supported?

What makes you most nervous in your daily living?

EXAMPLES MAY INCLUDE

- I forget to take medications [ ]
- I lose my breath on steps [ ]
- Driving at night makes me nervous [ ]

AGE, CULTURE AND PERSONAL PREFERENCE MAY INFLUENCE YOU & YOUR LOVED ONES ANSWERS.

Do Chat About This Often

- If you cannot answer for yourself, have you selected someone who will carry out your wishes?
- Let's check in with your emotional wellness.
- Living arrangements as we age is an important discussion topic for your independence.
- When you think about your health, define what quality looks like to you.

EMOTIONAL WELLNESS CHECK

- I feel lonely [ ]
- I feel frustrated [ ]
- I feel happy [ ]
- I feel fulfillment [ ]

THIS IS IMPORTANT TO ME

- Surrounded by family & friends [ ]
- Being pain-free [ ]
- Dying at home [ ]
- Conversations to keep everyone on the same page [ ]

Remember, there are no right or wrong answers.

Focus on Comfort Care

Questions to ask your loved one about their end-of-life wishes.

1

What's your biggest fear regarding hospice care?

- Hospice care doesn't hasten death or extend life. We focus on keeping you in control and symptom / pain free.

2

If you are diagnosed with a serious illness, my preference is _____.

3

As treatment becomes limited, how do you want to proceed?

4

Having healthcare documents like a POLST form or DNR keep you in control.

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