The background of the entire page is a photograph of a forest path. The path is covered in fallen autumn leaves in shades of orange, red, and brown. The trees on either side are mostly bare, with some still holding onto their autumn-colored leaves. A soft, ethereal light filters through the trees, creating a misty or foggy atmosphere. The overall color palette is warm and muted, dominated by the browns and oranges of the forest floor and the dark, shadowed tones of the trees.

Ease the Burden Together

# DISCUSSING END-OF-LIFE WISHES

This guide offers practical tips and empathetic advice on how to initiate and navigate sensitive conversations about end-of-life wishes and funeral planning with your loved ones.

Why Have This Discussion?

Sample Conversation Starters

Addressing Specific Topics

A Celebration of Life Discussion

# Intro

Asking your loved one about their end-of-life wishes can be a sensitive conversation, but it's an important one to have.



*This guide encompasses a range of topics to equip you with the necessary tools and understanding to navigate this sensitive subject.*

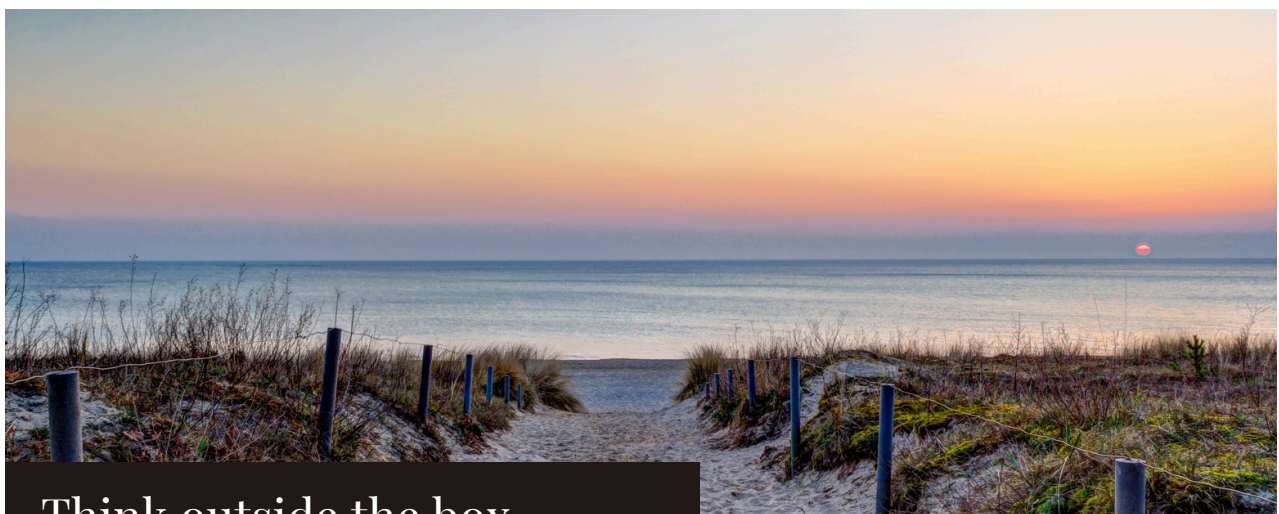
# Why Have This Discussion?

- **Ensures their wishes are honored:** By discussing their end-of-life wishes, individuals ensure that their loved ones know and understand their preferences for medical care, funeral arrangements, and other important decisions.
- **Reduces stress and burden on loved ones:** Making their wishes known in advance can alleviate the emotional burden on their family during an already difficult time. Their family won't have to guess what they would have wanted, and can focus on grieving and supporting each other.
- **Prevents disagreements and conflicts:** Open communication can help prevent misunderstandings and disagreements among family members about their care and final arrangements.
- **Provides peace of mind:** Knowing that their wishes are documented and understood can bring them and their loved ones peace of mind.
- **Facilitates a meaningful farewell:** Discussing their end-of-life wishes allows individuals to personalize their funeral or memorial service, ensuring that it reflects their values, beliefs, and personality.
- **Allows for financial planning:** Discussing their preferences for their funeral or memorial service can help their loved ones make informed financial decisions and potentially avoid unexpected expenses.
- **Opens the door for important conversations:** Talking about end-of-life wishes can lead to deeper conversations about life, legacy, and what matters most to them and their family.

# DISCUSSING END-OF-LIFE WISHES

## Sample Conversation Starters

- **Memory Box or Time Capsule:** Suggest creating a memory box or time capsule together, where you both contribute items and messages representing your lives and wishes for the future. This can naturally lead to a discussion about end-of-life wishes and funeral planning.
- **Family History Project:** While working on a family tree or history project, inquire about any specific traditions or customs your loved one would like to incorporate into their own memorial service.
- **"Bucket List" Discussion:** Ask your loved one if they have a "Bucket List". Sharing dreams and aspirations on their "Bucket List" can create a natural segue into discussing end-of-life wishes. It can also foster a conversation about how their memory can be honored and celebrated.
- **Movie or Book Club:** If you watch a movie or read a book that touches on themes of death or legacy, use it as a starting point for a deeper conversation about your loved one's own wishes.
- **Nature Walk or Scenic Drive:** While enjoying a peaceful setting, you might reflect on the beauty of life and the natural cycle of things, leading into a conversation about final arrangements and how they'd like to be laid to rest.



# DISCUSSING END-OF-LIFE WISHES

## Addressing Specific Topics

# Get It All

# Written Down

**Advance Directives and Living Wills:** Understand the purpose of these legal documents, learn how to complete and update them, and consider designating a healthcare proxy.

**Medical Treatment Preferences:** Encourage discussing life-sustaining treatments, DNR orders, and other medical directives with their healthcare providers to ensure their wishes are understood.

**Funeral and Memorial Service Preferences:** Explore various service types, decide between burial or cremation, choose a meaningful location, and incorporate personal touches like music, readings, and a reception.

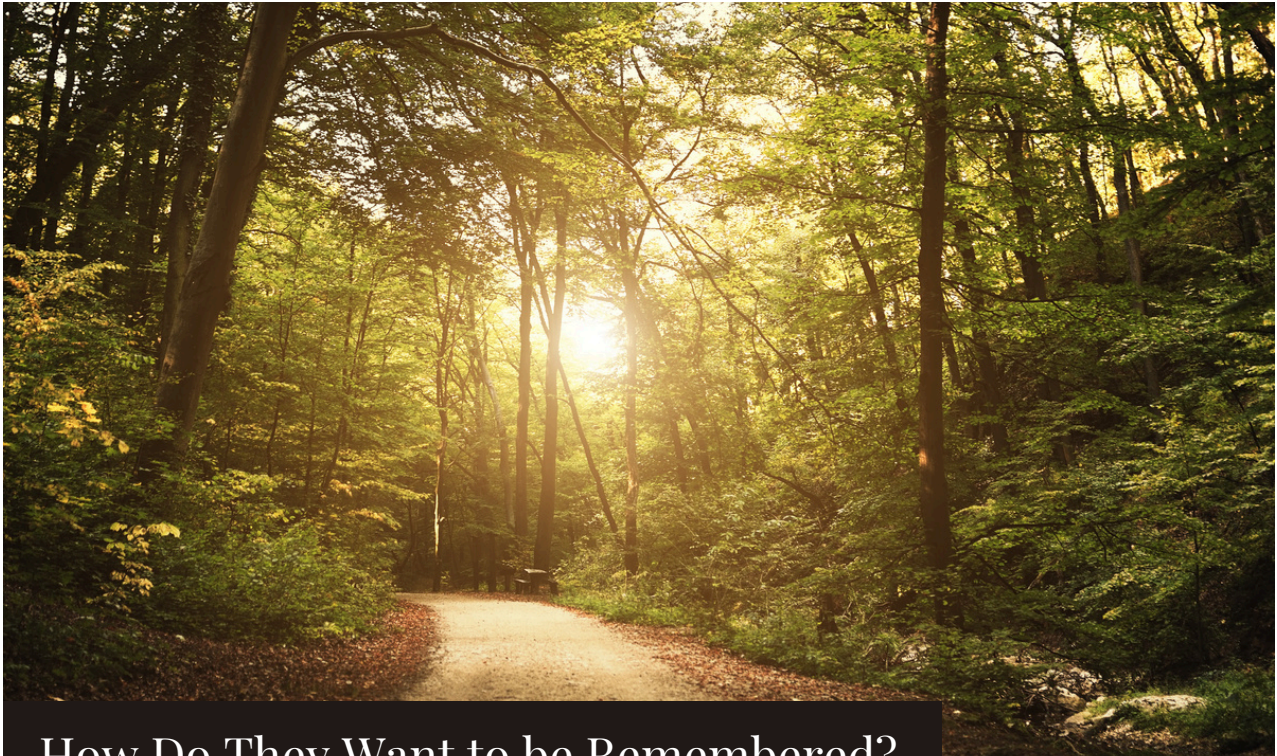
**Other End-of-Life Considerations:** Address organ and tissue donation, body disposition, obituary and online memorials, estate planning, digital assets, and financial matters.

**Communicating Wishes:** Have open and honest conversations with loved ones, document and share their wishes effectively, and review their end-of-life plan regularly if possible.



# DISCUSSING END-OF-LIFE WISHES

## A Celebration of Life Discussion



### How Do They Want to be Remembered?

Asking your loved one about their funeral plans can be a sensitive conversation, but it's an important one to have. Here are some questions you can ask to help them plan their funeral:

#### **Overall Preferences**

- Have you thought about what kind of funeral you'd like?
- Do you prefer a traditional funeral service or something more personalized?
- Would you like a burial or cremation?
- If cremation, what would you like done with your ashes?
- Do you have a specific location in mind for your final resting place?

# DISCUSSING END-OF-LIFE WISHES

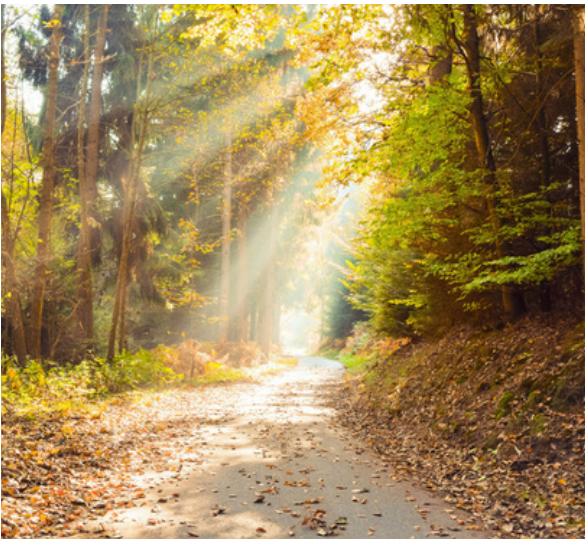
## A Celebration of Life Discussion (cont.)

### Specific Details

- Would you like a religious or secular service?
- If religious, which specific traditions would you like included?
- Are there any particular readings, music, or songs you'd like included in the service?
- Would you like an open casket or closed casket viewing?
- Would you like a reception or gathering after the service? If so, where and what kind?
- Do you have any specific requests for your obituary or eulogy?
- Do you have any existing funeral plans or pre-paid arrangements? If not, have you considered making any pre-arrangements?

### Personal Touches

- Are there any special mementos or personal items you'd like displayed at the service?
- Would you like any specific charities or causes to be supported in lieu of flowers?
- Is there anything else you'd like to share about your wishes for your funeral?



### Tip

Remember to be respectful and understanding throughout the conversation. It's okay to take breaks or revisit the topic at another time if needed.

*Inquire about any available grief support resources or aftercare services.*

Don't hesitate to ask our funeral home questions you may have throughout the process.

**Tip**

Be patient and empathetic. This can be a difficult conversation for both of you.



Ease the Burden Together

# DISCUSSING END-OF-LIFE WISHES

Provided by:



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