



# Conversations, Choices, and Wishes





# We are planners...

For most of our lives we plan. For example:

- Who are our friends
- Who we choose to spend our lives with
- Where we choose to live
- When we have children
- Where we go on vacation
- What schools we'll send our children to
- What jobs we take
- What retirement plans we make

BUT WE STOP  
SHORT

We say:

“WE DON’T WANT TO TALK ABOUT  
END OF LIFE”

“WE DON’T NEED TO TALK ABOUT  
END OF LIFE”

**HOW ABOUT:**

**WE WANT TO TALK ABOUT END OF  
LIFE**

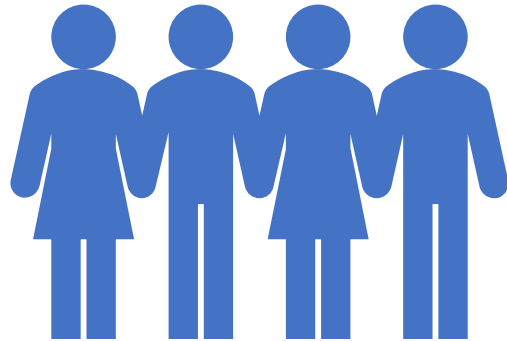
**WE NEED TO TALK ABOUT END OF  
LIFE**

# Why conversations matter...

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- Develop and communicate your priorities
- Reassure loved ones
- Bring you peace of mind that others understand your wishes
- Helps you understand your care options
- Builds confidence with your team & services



# Saying versus doing...

from the Conversation Project 2018

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**92%** of Americans say it's important to talk with loved ones about end of life wishes

- Yet only **32%** have had the conversation

**It's even harder with our doctors:**

**80%** of patients surveyed said they wanted to be able to talk with their doctors about their end of life wishes

- Yet only **18%** have had that conversation

**What holds us back?**


**21%** of Americans say they haven't had the conversation because they don't want to upset their loved ones

- Yet **53%** say they would be relieved if a loved one started the conversation

And finally, **95%** of those surveyed said they are **willing or want to** talk about their end of life wishes



## Views on End of Life Care – Pew Research 2013

- **57%** say they would tell their doctors to stop treatment if they had a disease with no hope of improvement and were suffering a great deal of pain.
  - About half of this group (**52%**) say they would ask their doctors to stop treatment if they had an incurable disease and were totally dependent on someone else for their care.
  - A third of adults (**35%**) would tell their doctors to do everything possible to keep them alive even in dire circumstances, such as having a disease with no hope of improvement and experiencing a great deal of pain.
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# So much more care could happen if hospice or palliative care was utilized earlier.



More personal choice and decision-making



Better emotional support for patients and family



Lessened suffering and better pain management



Fewer costly medical expenses



Greater dignity



Professionals who can help explain what is happening



Honoring family beliefs and traditions



Decreased stress on family to make crisis driven decisions

# Go Wish!



Created in 2006 to educate assisted living residents, their family members, and assisted living facility staff about end-of-life care options and advance care planning



Go Wish gives you an easy way to talk about what is most important to you.



The cards use simple language we all understand.



Play the game with your relatives, friends, or colleagues.



Each deck has 36 cards. One card is a "wild card." You can use this card to stand for something you want that isn't on any of the other cards.