

Essential Questions to Ask About End-of-Life Planning - Checklist

End-of-life planning is a sensitive but crucial topic for older adults and their families. By asking the right questions, you can ensure your loved one's final wishes are honored and their care needs are met. This guide covers the key questions to ask about advance directives, hospice, palliative care, and other critical end-of-life decisions.

How to use this checklist: Check off each question as you ask it, and use the note lines to record important answers and observations.

Advance Directives

☐ 1. Do you have an advance directive or living will?

Advance directives outline your loved one's preferences for medical treatment at the end of life. It's important to understand if they have any existing documents and what their wishes are.

Notes:

☐ 2. Who is named as your healthcare power of attorney?

The healthcare power of attorney is the person legally authorized to make medical decisions on your loved one's behalf if they become incapacitated. Knowing who has this role is crucial.

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☐ 3. Have you discussed your end-of-life wishes with your family?

Open communication about end-of-life preferences can prevent confusion and conflict later on. Discussing these sensitive topics early can give your loved one a voice in their care.

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□ **4. Do you have any religious or cultural beliefs that should guide your care?**

*Certain religious or cultural practices may be important to honor at the end of life.
Understanding these preferences ahead of time ensures they can be respected.*

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Hospice and Palliative Care

☐ 1. Do you qualify for hospice or palliative care services?

Hospice and palliative care provide specialized support for individuals with terminal illnesses. Knowing the eligibility criteria can help you access these valuable resources.

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☐ 2. What services does the hospice or palliative care program provide?

Hospice and palliative care can offer a range of services like pain management, emotional support, and assistance with daily living. Understanding the full scope of care is important.

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☐ 3. Who will be part of the hospice or palliative care team?

The care team typically includes doctors, nurses, social workers, and other specialists. Knowing the team members and their roles can help you coordinate your loved one's care.

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□ **4. How much does hospice or palliative care cost, and what is covered by insurance?**

End-of-life care can be expensive, so it's crucial to understand the financial implications and what insurance may or may not cover.

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Choosing a Care Facility

□ 1. What type of care facility best suits your needs?

There are various options like nursing homes, assisted living, and memory care. Assessing your loved one's specific needs can help determine the most appropriate setting.

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□ 2. How does the facility rate in terms of quality and patient satisfaction?

Researching a facility's reputation, staffing levels, and inspection reports can provide valuable insights into the quality of care they deliver.

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□ 3. What amenities and activities does the facility offer?

Considering factors like the physical environment, social opportunities, and recreational options can help ensure your loved one's overall wellbeing is supported.

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□ **4. What is the facility's approach to end-of-life care?**

Understanding the facility's policies, procedures, and staff training regarding end-of-life care can give you peace of mind that your loved one will be treated with dignity and respect.

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Legal and Financial Considerations

☐ 1. Do you have a will or trust in place?

A will or trust can help ensure your loved one's assets and property are distributed according to their wishes. Knowing the status of their estate planning is important.

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☐ 2. What are the potential costs associated with your care?

End-of-life care can be expensive, so it's crucial to understand the financial implications and explore options like long-term care insurance or Medicaid.

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☐ 3. Have you designated a power of attorney for financial decisions?

A financial power of attorney can help manage your loved one's finances and bills if they become incapacitated. Identifying this individual is key.

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□ **4. Do you have any pre-paid funeral or burial arrangements?**

Pre-planning funeral and burial services can ease the burden on loved ones during a difficult time. Knowing if these arrangements are in place can be valuable.

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Emotional and Spiritual Support

☐ 1. Do you have a support system of family and friends?

Emotional support from loved ones can be crucial during the end-of-life journey. Understanding the scope of your loved one's social network can help identify any gaps in support.

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☐ 2. Do you have a spiritual or religious affiliation?

For many individuals, spiritual or religious beliefs can provide comfort and meaning at the end of life. Respecting and accommodating these preferences is important.

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☐ 3. Have you considered grief counseling or support groups?

Grief and loss can be overwhelming for both the individual and their loved ones. Connecting with grief support resources can help everyone cope with this challenging time.

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□ **4. How would you like to be remembered and honored?**

Discussing your loved one's preferences for memorials, funerals, or other ways to be remembered can help ensure their legacy is preserved in a meaningful way.

Notes:
