

Planning *My Way*

Imagining Different Situations

As you fill in this worksheet, remember that in each situation you've lost the ability to make your own health care decisions.

If I am unconscious, in a coma, or in a vegetative state and there is little or no chance of recovery...

What would you most want to happen if you were in this situation? What would be meaningful or important to you?

What would you most want to avoid if you were in this situation? What would you be most concerned about?

If I have permanent, severe brain damage that makes me unable to recognize my family or friends (for example, severe dementia)...

What would you most want to happen if you were in this situation? What would be meaningful or important to you?

What would you most want to avoid if you were in this situation? What would you be most concerned about?

If I have a permanent condition where other people must help me with my daily needs (for example, eating, bathing, toileting)...

What would you most want to happen if you were in this situation? What would be meaningful or important to you?

What would you most want to avoid if you were in this situation? What would you be most concerned about?

If I need to use a breathing machine and be in bed for the rest of my life...

What would you most want to happen if you were in this situation? What would be meaningful or important to you?

What would you most want to avoid if you were in this situation? What would you be most concerned about?

If I have pain or other severe symptoms that cause suffering and can't be relieved...

What would you most want to happen if you were in this situation? What would be meaningful or important to you?

What would you most want to avoid if you were in this situation? What would you be most concerned about?

If I have a condition that will make me die very soon, even with life-sustaining treatments...

What would you most want to happen if you were in this situation? What would be meaningful or important to you?

What would you most want to avoid if you were in this situation? What would you be most concerned about?