

# *Palliative Care*

## **Your final checklist and emotional will**

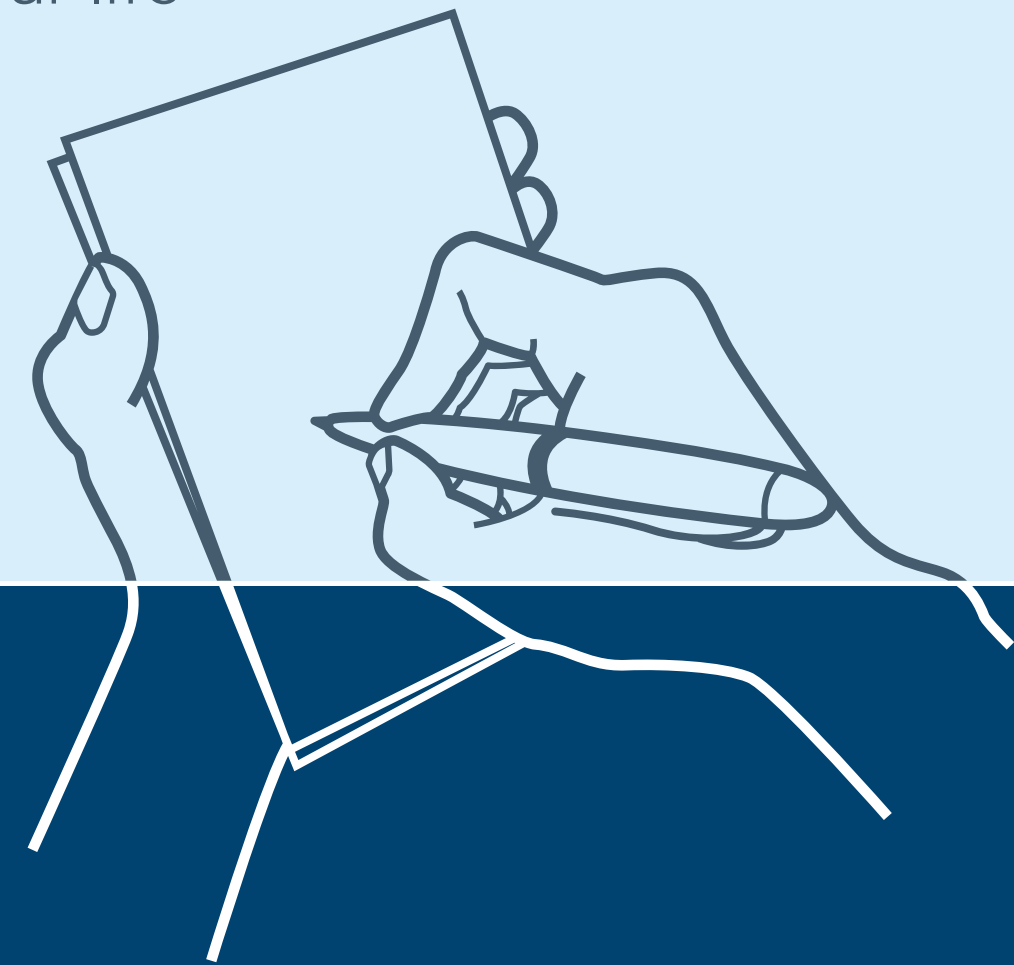
A guide to help you prepare for  
the end of your life



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Many people find comfort in leaving things well prepared for their family and friends. This checklist provides a guide to some of the things you might want to put in order, or about which you might want to express your preferences.



### Your documents

- ☐ Have you written a will? Is it up-to-date?
- ☐ Have you nominated your power of attorney?
- ☐ Who will be your enduring guardian? This is the person who can speak up for you about medical interventions if you are unable to do so.
- ☐ Have you told your loved ones what medical interventions you want, and do not want, and under what circumstances?
- ☐ Have you written your advance care directive?
- ☐ Where are your important documents? Who has access to them? Have you recorded the passwords for all your online accounts and social media profiles?
- ☐ If you have dependent children, who will be their legal guardian?
- ☐ Have you written an emotional will to record your thoughts and special memories for those who love you?

### Your send-off

- ☐ What type of funeral do you want?
- ☐ Do you want to be buried or cremated? Or is there something else you are thinking of?
- ☐ Where do you want to be buried or have your ashes interred? If you prefer to have your ashes scattered, where would you like this to be? Is there something else, like having a tree planted, that you would like?
- ☐ What do you want to be written on your headstone or memorial plaque?
- ☐ Who do you want to perform the eulogy?
- ☐ Is there any music that you would like to have played, or songs to be sung?
- ☐ Do you want to write your own obituary?
- ☐ Is there a charity that you would like those attending to support in lieu of flowers?

### Your loved ones

- ☐ Have you discussed your end-of-life plans with family and friends?
- ☐ Would you prefer to die at home if this is possible?
- ☐ Is there something comforting that you might want in the room with you as you are dying?
- ☐ Is there anything that you would like to be reassured of during your final days or hours? (Some people want to be reassured that their affairs are in order and their dependents will be taken care of).
- ☐ What do you hope for the people around you as you are dying?
- ☐ Have you resolved who will receive special family items such as photos and treasured heirlooms? Have you made these wishes known?
- ☐ Who will take care of the pets and animals under your care?

### Other things that are important to you

### Your emotional will

Your legal will can include your directions for disposal of your possessions along with your wishes regarding other matters such as your funeral. You might like to prepare an accompanying document, to be kept with your will or elsewhere, that shares with those you love some memories or thoughts that are important to you. These things can be very precious to those you leave behind.

Here are a few ideas which might be directed to everyone, or to one person in particular. You may think of many others!

My favourite family recipe for \_\_\_\_\_ is attached.  
It was passed on to me by my Grandmother and you are now its guardian.

One of the books I most enjoyed is \_\_\_\_\_  
Think of me if you ever read it!

Here is my favourite joke. Dad left it to me, now it is your turn to keep it alive!

This is one of my most treasured memories. Thank you for making it possible.

I always wanted to tell you this but was too shy/afraid/embarrassed.

Something I have learned that I would like you to know is:

If you ever watch this film, think of me. It was my favourite!

Have you ever thought of trying \_\_\_\_\_? I think you would be great at it! Something I have always admired you for is: