

HAVE YOU HAD THE CONVERSATION?

The Conversation Project in Boulder County fosters meaningful and effective conversations about end-of-life care. These are conversations that should be had with spouse/partner, parents, children, grandchildren, close friends – anybody who might be involved in making decisions for you at some point when you can't speak for yourself (and 40% of us will face that at some point!). The upcoming holidays provide the perfect opportunity for conversations about what matters to you.

You may have experienced or heard about:

- Added stress when families don't know what their loved one would want as they are dying
- Conflict (sometimes lasting damage) within a family when there is disagreement about what should be done or who should make decisions
- Complicated grieving when people are left wondering if they did the right thing; too much or too little
- Health care professionals providing aggressive intervention in the face of a family that is not united

What YOU can do to prevent this from happening in your family:

- Use the enclosed "Starter Kit" or download from the website below.
- Sit down and work through it on your own.
- Share your answers with your partner, family or loved ones.
- Download another Starter Kit for them to work through, and share and compare your thoughts and values.
- Contact us if you are having trouble getting started. We have trained coaches and this is a free service. They will come to you.
- Designate a decision-maker (agent) and alternate (medical durable power of attorney or MDPOA) and discuss your Starter Kit with those individuals. Provide them with a copy of these documents which are on our website.
- Have a conversation with the rest of your family, so that they can support your decision-maker.
- Give a copy of your MDPOA to your physician and hospital. Place a note or carry a wallet card with your driver's license with your agent's contact info.

Ask for or give the gift of a family conversation this holiday season.

www.theconversationprojectinboulder.org

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