

HAVE YOU HAD THE CONVERSATION?

The Conversation Project fosters meaningful and effective conversations about end-of-life care. These are conversations for spouses/partners, 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!).

You may have experienced or heard about:

- The added stress when families don't know what their loved one would want as they are dying.
- Conflict (sometimes lasting damage) within a family if they disagree about what should be done or who should make decisions.
- Grieving which is more complex when people are left wondering if they did the right thing.
- The feeling that health care professionals are giving too little or too much treatment because a family is not united or is uncertain.

What YOU can do to:

- Take home the "Starter Kit".
- Sit down and work through it on your own.
- Share your answers with your partner, family or loved ones.
- Download more Starter Kits for them to work through --- share and compare your thoughts and values.
- Designate a decision-maker and alternate (medical durable power of attorney or MDPOA) and share your Starter Kit answers with them. Give them a copy. Discuss with your physician too!
- Have a conversation with the rest of your family, so that they can support your MDPOA if the time comes.
- Invite us to your book club, favorite group or church.

The Conversation Project in Boulder County is available with trained coaches and speakers. We're happy to help you and provide you with the resources! As Ellen Goodman says: *"It's always too early until it's too late."*

www.theconversationprojectinboulder.org

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