



End of Life Checklist

Most people do not have key end-of-life documents in place and nearing the end can be scary and sometimes confusing. Use this checklist to limit your worries.

☐ **Power of Attorney for Healthcare & Living Will**

- Pick somebody to make health-care decisions on your behalf if you are incapacitated.
 - This is best because if you pick more than one and they do not agree on the best course of action, it will cause discrepancies.
- Living Will
 - This document dictates what medical treatments you do and do not want in different circumstances. It can help lessen the burden on your loved ones because they won't have to guess what you'd want done.

☐ **Physician Orders for Life Sustaining Treatment**

- New option for people to dictate their end-of-life wishes
 - Once the client fills it out with their doctor and they sign it, it becomes the doctor's standing order and apart of the patient's medical record.

☐ **Getting Financial Affairs in Order**

- Make sure your loved ones are aware of your important financial affairs
 - Passwords
 - List of professionals
 - Any other relevant information

☐ **Durable Power of Attorney**

- Appointing someone who can make sure bills still get paid and other financial matters are sorted out is essential if you become incapacitated.

☐ **DNR/DNI Orders**

- "Do not resuscitate" or "do not intubate"
 - Important to ensure medical personnel are aware of your wishes.

☐ **Diminishing Capacity Letters**

- This document gives the professional permission to call specific trusted individuals if they have noticed some diminishment in your physical, cognitive, mental, or psychological capacity.

☐ **Organ Donor Designation**

- Checking the organ donor box on your driver's license is not enough.
 - Your license may not end up at the hospital with you in an emergency, and your family has the potential to override the designation.

☐ **Life Insurance**

- Make a list of all the people you regularly tell "I love you," and of those, who you feel some financial responsibility for.
 - Having enough and the right kind of insurance coverage can help ensure final obligations are met, and protect those individuals

☐ **Will**

- Personal information about you and your spouse
- Information about your marital status
- Summary of your assets
- Summary of your debts
- Outline of beneficiaries
- Names of people in your Will who will represent your interests
- Other relevant information

☐ **Personal Requests Letter**

- Present your end-of-life wishes and any lasting requests in letter form.

While this check list can start as a guide, speaking to us directly is the best way to go about the end of your life.

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