

# 5 conversation starters with your family

1

The thing that most worries me about death (of me or a loved one) is... and this is what I can do to manage that worry

2

Talk about a time when someone close to you was dying. What was positive about that? What was hard about that? What would you like done differently?

3

If I could describe the type of care I'd like when I was at the end of my life, what would it be?

4

What does 'death with dignity' mean to us?

If someone we loved was dying and we were offered the option to withdraw treatment other than to keep them comfortable, how would we know that was the right decision? Who would we talk to? Who would need to be involved in that decision?

5

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