

# My End-of-Life Decisions

We hope your Mywell Health planner has taken you on a valuable journey. These final activities are designed to help you map out the way in which you want the end of your life to be experienced. It will help you decide who will be involved, and when, how and what will be done. Conversations about this topic can be emotional and challenging. While working through your planner step-by-step, you may have already made many important decisions. Now it is time to reaffirm those decisions, ensure you have discussed them with family, those you trust, and the professionals you have chosen. Now is also the time to record your wishes and decisions in your will, advance care plan, and other decision documents and put these finalized digital and print copies in your Mywell Health planner.

[MywellHealth.info](https://www.mywellhealth.info)

Write your full name & date completed/updated here:  
(It will automatically appear on every page)

# Activities

## Who Supports My End-of-Life Decisions

Revisit the people you have chosen to support your decisions..

## My End-of-Life Decisions

Record your wishes for care, including what, when, and how you want to be cared for as you come to the end of your life.

## My Advance Care Plan and Decision Documents

Complete your advance care plan and other decision documents

## Making Sure My Will is in Order

Make sure your will is legal, complete, up-to-date, and witnessed..

## After a Death 'To Do' List

Make a list of what needs to be done after your death..

## Resource Kit

Click the underlined words in each activity to explore the online [resource kit](#). The resource kit provides definitions, educational materials, links to [websites](#), [videos](#), and more!

## Medical Emergency

If you have a medical emergency call 911. Do NOT use the planner or website for medical emergencies. If you have a medical concern, call your physician or a health care professional.

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# Who Supports My End-of-Life Decisions

As you have worked through your Mywell Health planner, you have taken important steps to voice your health care and lifestyle choices. You have also identified the people you trust to support you in these decisions. This activity is to re-affirm your chosen people and communicate your expectations for their roles as you plan for your final days on earth. Because your end-of-life story can be different from what was planned, it is important to remember that while those you trust may wish to honor your choices, there are many factors that can disrupt even the most well-thought-out plans.

**Tip:** These roles may be recorded in other sections of your Mywell Health planner. Revisit these roles and the people you chose in each section. Choose a family member or a care partner you trust to support you in finalizing the people you have chosen and confirming your expectations for their roles..

My Personal and Professional Support Team		
Role	Name Phone and/or Email	What I Want Them to Do for Me.
<u>Health Advocate</u>		
<u>Temporary Substitute Decision-Maker</u>		
<u>Substitute Decision-Maker</u>		
<u>Palliative Care Professional</u>		
<u>Hospice Care Professional</u>		

My Personal and Professional Support Team (2)		
Role	Name Phone and/or Email	What I Want Them to Do for Me.
<u>Cultural Spiritual Advisor</u>		
Cultural Spiritual Advisor		
<u>End-of-Life Doula</u>		
<u>Power of Attorney (Enduring)</u>		
<u>Executor</u>		
Lawyer		
<u>Notary</u>		

# My End-of-Life Wishes

Just as you have planned where and how you want to live, you have choices in where and how you want to be cared for as you come to the end of your life. To make informed decisions about your end-of-life care, it is essential to talk with your physician or nurse practitioner and those you trust. During these conversations, you can share your values, beliefs, and any concerns you may have about your end-of-life care, the dying process, death, and after life preferences. Consider completing this activity with those you trust to explore your thoughts and wishes.

**Tip:** Consider seeking guidance from your health care professionals, palliative care or hospice care specialists, and cultural spiritual advisors. Planning can provide peace of mind and ensure your wishes are respected. Use the resource kit to find definitions, resources, and official forms..

My End-of-Life Wishes: My Thoughts, Wishes, and Concerns	
<b>Date Completed/ Updated</b> List <b>WHO</b> was present for the discussion?.	
Is your <u>temporary substitute decision-maker</u> list up to date? Have you been in touch with the people on the list over the past year? Do they still meet the criteria? Are they aware of your wishes and decisions?	
Alternatively, have you prepared a <u>representation agreement</u> that names a <u>substitute decision-maker</u> to make health care decisions on your behalf, if you are unable to do so?	
Have you given any specific instructions for who you want to visit or be present during your last days or hours?	

My End-of-Life Wishes: My Thoughts, Wishes, and Concerns (2)	
<p><b>WHAT</b> are the things that brought you enjoyment in life? What will make you comfortable (music, prayer, family, friends, traditions) in your final days?</p>	
<p>What are your values, beliefs, and feelings around death and dying?</p>	
<p>What questions do you have about the dying process? What information do you need for a better understanding of what to expect for yourself and your loved ones?</p>	
<p>Have you talked with your physician, nurse practitioner, <u>palliative care</u> or <u>hospice care</u> professionals about the medical interventions you do or 'do not' want?</p>	
<p>Have you learned about and/or decided on a <u>Do Not Resuscitate</u> or <u>No CPR order</u> ? Have you discussed it with your <u>physician</u> and completed a signed form? Has it been updated within the last 6 months?</p>	
<p>Are your wishes and preferences written in an <u>advance care plan</u> or in a formal <u>advance directive</u>?</p>	

My end-of-Life Wishes: My Thoughts, Wishes, and Concerns (3)	
Have you discussed <u>Medical Orders for Scope of Treatment (MOST)</u> with your physician or nurse practitioner?	
<b>WHERE</b> do you want to be at the end stage of your life (at home, in hospice, in a hospital setting or other)? Are you aware that you can receive <u>hospice care</u> in your home?	
Are you aware you can ask for <u>palliative care</u> for symptom management if you stay in your home, or if you are in <u>assisted living</u> or <u>residential care</u> ?	
<b>HOW</b> do you want your cultural/ spiritual/religious beliefs around death and dying supported? Are there <u>cultural spiritual advisors</u> you want contacted? Do they have specific roles?	
Do you know about <u>Medical Assistance in Dying (MAiD)</u> or are you interested in learning more and discussing this choice if you are eligible?	
If you choose MAiD, are you interested in learning about <u>bereavement support</u> or <u>support groups</u> for your loved ones?	

My End-of-Life Wishes: My Thoughts, Wishes, and Concerns (4)	
How do you want to be remembered? What are your wishes for your celebration of life, funeral, or memorial?	
Have you chosen burial or cremation? Do you have a chosen resting place? Are these details written in your <u>will</u> ?	
Have you considered and/or are you registered to be an <u>organ donor</u> ?	
Have you discussed how you would like your passing to be communicated to others (by phone, in print, online, and/or by social media)?	
<b>Other topics I want to discuss.</b>	

**Tip:** This list of your wishes and decisions for your end-of-life care is not a legal document. However, it is important that you share your decisions with your family and those you trust. You can also write specific instructions in a representation agreement, an advance care plan, or your will. Links to these templates are in the resource kit..



# My Advance Care Plan & Decision Documents

The goal in creating the [Mywell Health planner](#) was to introduce you to new topics and learning before you get to that stage in your life. For years, health care professionals and others have developed tools to support your end-of-life decisions and wishes. Some of these documents may include an [advance care plan](#), [Do Not Resuscitate or No CPR order](#), [temporary substitute decision-maker list](#), [representation agreement](#), [advance directive](#), [Medical Orders for Scope of Treatment \(MOST\)](#), [organ donor registration](#), and more. Learning about these tools in advance will help you make informed decisions before you are faced with a life-altering illness, an accident, dementia, or the natural end to your life. Having your choices documented will also comfort those you love and trust.

**Tip:** These next activities include some components of an [advance care plan](#). You can learn more by watching the videos in the [resource kit](#) about 'having the conversation' and 'advance care planning'. Keep all your decision documents in one location such as your [Mywell Health planner](#). Ensure those who support your decisions documents are aware of where they are kept..

My Personal Decision Documents		
Title	Persons Involved	Date Complete or Updated Location of Document
<a href="#"><u>Advance Care Plan</u></a>		
<a href="#"><u>Advance Directive</u></a>		
<a href="#"><u>Do Not Resuscitate or No CPR order Form</u></a>		

My Personal Decision Documents (2)		
Title	Persons Involved	Date Complete or Updated Location of Document
<u>Medical Orders for Scope of Treatment (MOST) Form</u>		
<u>Medical Assistance in Dying (MAiD) Request</u>		
<u>Organ Donor Registration</u>		
<u>Power of Attorney (Enduring)</u>		
<u>Representation Agreement</u>		
<u>Temporary Substitute Decision-Maker List</u>		

# Making Sure My Will is in Order

Creating and regularly updating your will is important to ensure your wishes and instructions are followed. Within your will, you need to choose an executor, the person who is responsible to ensure the will is fulfilled as you have directed. This may include your end-of-life arrangements, and instructions for the care for your dependents or pets, and the distribution of your personal items and estate. Having a clear and detailed will can help prevent conflicts amongst your family members. Make sure your will is legal, complete, up-to-date, and properly witnessed

**Tip:** Learn about the benefits of having a legal will. Ensure your wishes are followed by naming an executor and power of attorney (enduring) who understands you and supports your instructions. You can use the 'Will Planning Checklist' from the Alzheimer's Society of BC in the resource kit to explore your thoughts and wishes. Talk to a lawyer or a notary to learn more about writing a last will and testament and ensuring it is valid.

Topics to Consider When Writing or Updating My Will	
List who has participated in any discussions of this topic? Record the date and who was present.	
Is your will up-to-date? When was it last reviewed and signed?	
Have you appointed an <u>executor</u> ? Are there others named in the <u>will</u> with roles and responsibilities?	
Have you written down how you want your personal belongings to be given away? What items are very important to you?	
How do you want your photos and family heirlooms handled?	

Topics to Consider When Writing or Updating My Will Continued	
Have finances been allocated to cover the cost of your celebration of life or burial? How much?	
Have you discussed your financial situation with your <u>executor</u> and or <u>power of attorney</u> (enduring)?	
Have you chosen a funeral home? Do you want to be cremated or buried? Do you have a location you want your ashes scattered?	
Do you have ideas and wishes for your celebration of life, burial, or religious or spiritual ceremony?	
Have you considered writing letters, recording videos, or creating a memory book to leave as a legacy?	
Do you want a reception or gathering in your name?	
How do you want the message of your passing shared (not at all, family only, calls to friends, published obituary, or through social media)?	
Do you have thoughts, words, photos, poems, or prayers for your obituary or memorial card?	

# My After a Death 'To Do' List

This last activity in your Mywell Health planner, is to ensure that your decisions and choices are followed even after your death. You should have a will which outlines a number of tasks to be completed. The following activity is to help you prepare and get things in order for your executor and others who will be carrying out your wishes, closing your accounts, collecting your documents, and completing tasks that can only be done after your death. This is a very stressful and sad time for your loved ones. By having your information in order, it will make it easier for them. For a complete list of items to consider and how and who can complete the tasks, check out the 'After a Death Checklist' created by the government of BC in the resource kit.

**Tip:** . Plan ahead and know who is responsible to complete the tasks after your death. Choose a safe and secure place to put all your identification (Driver's license, BC Services card, birth certificate, passport, SIN card), key & safety deposit box, bank and credit information, and online passwords.

After A Death 'To-Do' List			
Some Items to DO	Persons or Items Needed	Sources of Support	Checkbox
<b>Register the Death</b> (If not done by the funeral home)	<ul style="list-style-type: none"> <li>• Medical Certificate of Death (from physician, nurse practitioner, or coroner)</li> <li>• ID of person who died</li> </ul>	Vital Statistics of BC	
<b>Get a Death Certificate</b> (request 10 copies)	<ul style="list-style-type: none"> <li>• Medical Certificate of Death</li> <li>• Executor or legal partner</li> </ul>	Vital Statistics of BC	
<b>Cancel Passport</b>	<ul style="list-style-type: none"> <li>• Copy of the death certificate</li> <li>• Passport to be cancelled</li> <li>• Executor or legal partner</li> </ul>	Canadian Passport Program	
<b>Cancel Driver's License, BCID or BC Services Card</b>	<ul style="list-style-type: none"> <li>• Copy of the death certificate</li> <li>• Driver's license, BCID, or BC Service care to be cancelled</li> </ul>	Insurance Corporation of BC (ICBC)	

After A Death 'To-Do' List (2)			
Some Items to DO	Persons or Items Needed	Sources of Support	Checkbox
<b>Transfer Vehicle Ownership</b>	<ul style="list-style-type: none"> <li>• Car make, model, and year</li> <li>• License plate number</li> <li>• Insurance &amp; registration</li> <li>• Partner or Executor</li> <li>• Copy of death certificate</li> <li>• Completed transfer tax form</li> </ul>	Insurance Corporation of BC (ICBC)	
<b>Notify Canadian Revenue Agency (CRA)</b>	<ul style="list-style-type: none"> <li>• Executor</li> <li>• Social Insurance Number (SIN)</li> <li>• Complete copy of the will</li> <li>• Copy of death certificate</li> <li>• Form: Request for the CRA to Update Records</li> <li>• Estate mailing address</li> </ul>	Canadian Revenue Agency (CRA)	
<b>Notify BC Pensions Survivor Benefits</b>	<ul style="list-style-type: none"> <li>• Legal partner or Executor</li> <li>• 2 pieces of ID</li> <li>• Copy of the death certificate</li> <li>• Executors contact information</li> </ul>	Affiliated Pension Organization	
<b>Cancel Life Insurance</b>	<ul style="list-style-type: none"> <li>• Name of Life Insurance Agent</li> <li>• Policy Number #</li> </ul>	Insurance company	
<b>Close Bank Accounts</b>	<ul style="list-style-type: none"> <li>• List of bank and credit unions accounts, usernames, and passwords</li> <li>• Legal partner or Executor</li> </ul>	Name of Bank	
<b>Cancel Credit Card</b>	<ul style="list-style-type: none"> <li>• List of bank and credit unions accounts, usernames, and passwords</li> <li>• Legal partner or Executor</li> </ul>	Name(s) of all credit cards and online accounts	

After A Death 'To-Do' List (3)			
Some Items to DO	Persons or Items Needed	Sources of Support	Checkbox
Cancel Extended Health Benefits	• Legal partner or Executor	Health benefit company	
Cancel Medications	• Legal partner or family member	Name of pharmacy	
Deactivate Online Accounts and Social Media	• List of accounts, usernames, passwords and logins		

Add Additional Items for Your After A Death 'To-Do' List			
Some Items to DO	Persons or Items Needed	Sources of Support	Checkbox

# Notes for My End-of-Life Decisions

Use the 'Notes for My End-of-Life Decisions' as needed. It keeps all your thoughts, questions, and things to do in one place. Might be a place to list ideas, services, and resources you like.

Date	A place to record your thoughts, questions, and learning



Notes	
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