

ENGAGE WITH GRACE

DISCUSSION GUIDE • QUESTION 4

Is there someone you trust whom you've appointed to advocate on your behalf when the time is near?

Power struggles over who's in charge have no place in end-of-life decisions. By choosing someone whom you trust to carry out your wishes - and making sure other people know you've chosen this person – you can help minimize worry and indecision among the people taking care of you. And as importantly, you can help make sure you are surrounded by people who feel empowered to stand up for what you want, regardless of the pressure to do otherwise.

As you think about who this person might be, and the kinds of information you should share with them, consider:

- Do I know my end of life preferences well enough to explain them to someone else?
- Are there loved ones in my life whom I trust to make my medical decisions? Would they be able to respect my choices in the face of authority – whether that's a doctor or a mother-in-law?
- Is there a medical professional whom I trust to make decisions around my end of life care?
- Could this person find any documents that outline my preferences around end of life care (if they exist)?
- How will I let my loved ones know who I want to be “in charge” of my end of life care?

Once you've identified who this person might be, approach them – maybe even using the Engage with Grace model as a conversation starter.

Further information about selecting someone who's empowered to make healthcare decisions for you can be found here: <http://www.caringinfo.org/PlanningAhead/AdvanceDirectives/ChoosingHealthcareAgents.htm>