

Goals of Care Worksheet

(version B/f)

This worksheet is designed to help you think about the kind of health care your loved one should receive in the future.

- This will help her doctors and caregivers plan care that is most consistent with her values. While we can't predict the future in detail, we can think about the overall goals that your loved one would want to guide her care.
- Some patients will be able to participate in answering these questions. In other cases, you may have to make your best judgment about how your loved one would have answered if she had been asked these questions before having problems with her thinking and memory.
- We also encourage you to talk about these questions with her other family, friends, and doctors. They might help you to think about what she would want and provide useful information.

Patient name: _____

Date of birth: ____ / ____ / ____

To help keep track of the most recent version of this document, please write today's date:

____ / ____ / ____

Name of person completing this worksheet:

1 Thinking about your loved one's life as a whole, what has been most important to her?
(Choose as many as you think she would agree with)

- Family or friends
- Religion
- Living on her own and caring for herself
- Not being a burden on her family
- Hobbies (such as: _____)
- Pets
- Something else (write in here): _____

2 Over her life as a whole, what has your loved one been most proud of about herself?
(For example: achievements, how she treats others, or personality traits)

3 What brings your loved one pleasure and joy now?
(For example: music, reading, being outdoors, or being around family)

4 Can you imagine health situations that would make your loved ones feel her life is not worth living? *(Choose one)*

- She would say **life is always worth living** no matter what serious illness, disability, or pain she may be experiencing
- I am not sure
- There may be **some health situations** that would make her feel that her **life is not worth living**, such as:

(Choose as many as you think she would agree with)

- Never being able to wake up from a coma
- Never being able to get out of bed
- Never being able to communicate with family or friends
- Never being able to feed, bathe, or take care of herself
- Having to be kept alive on machines
- Always being in pain
- Something else (write in here): _____

5 Sometimes illness and the treatments used to try to help people live longer can cause pain, side effects, and the inability to care for oneself. **If your loved one had a serious illness, what would be important to her?** *(Choose one)*

- She would want medical treatments to **try to live as long as possible**. She would not want to stop treatment even if she were in pain, could not feed or care for herself, or needed machines to live.
- She would want to **focus on quality of life** and being comfortable, even if it means having a shorter life.
- She would want a **balance between comfort and living longer**. She would be willing to try treatments even if she were in pain or unable to feed or care for herself, but only for a while. If after a period of time the treatments do not help, or if her doctors think these treatments will not bring her back to a good quality of life, she would want to stop.
- I am not sure.

6 Is there anything you want your loved one's doctors to know about **her religion, spirituality, or cultural practices?**

7 If you could plan it today, what would the last day or week of your loved one's life be like?

Where would she be? What would her environment be like? _____

Who would she want there, if anyone? _____

What would she be doing? _____

What would she eat? _____

How would she want to be remembered? _____
