

# A GOOD DEATH: MODULE FIVE:

## MEDICAL DECISION MAKING

### 1. Assessing Where You Are

	Yes/No		Last Updated
A health care proxy designation	Yes	No	-----
An advance directive	Yes	No	-----
Had a conversation with my proxy about being my proxy and my wishes:	Yes	No	
Do they have copies?	Yes	No	
My documents are stored here:	-----		
I have given my doctor/care team copies:	Yes	No	
I have a plan for yearly review of my documents	Yes	No	
I have strong feelings about preservation of life:	Yes	No	

### 2. Considering Your Values

What do you enjoy most in life? (ex. Watching football, my grandchildren, playing golf, etc.)

If I lost the following abilities, life would be very difficult emotionally for me (ex.: communicate freely with others, live at home)

If I couldn't do the following, I would be very sad, but my life would still have value.

Now, fill out the Mayo Clinic document attached. You may ultimately choose to use a different advance directive, but this will get you started.