

## A GOOD DEATH – MODULE FIVE: Medical Decision Making

### Assessing Where You Are

A health care proxy designation:    Yes     No     Last Updated: \_\_\_\_\_

An advance directive:                    Yes     No     Last Updated: \_\_\_\_\_

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: \_\_\_\_\_

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

### 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 available online; visit [RememberingALife.com/AGoodDeath](http://RememberingALife.com/AGoodDeath). You may ultimately choose to use a different advance directive, but this will get you started.