the conversation project in boulder county a program of **TRU** COMMUNITYCARE



Boulder Community Health

**Starter Kit** (condensed)

Conversation

NAME\_

DATE \_

The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care. We developed the Conversation Starter Kit to help you get started with what we know can be challenging discussions. We encourage you to use this tool to identify your values. It can serve as a guide to a conversation. You may wish to visit: the conversation project.org and download the full version of the Starter Kit that comes complete with helpful information about how and why the conversation is so important.

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## When should you have the conversation?

Even if you're in good health, it's still important to make sure your loved ones, and your health care team, know your wishes, since anyone's health status can change suddenly. It's particularly important to have the conversation if you or a loved one has a chronic or serious illness. Every conversation will help your loved ones and your care team understand what matters to you.

As you think about how you want to live at the end of your life, what's most important to you? Now finish this sentence: What matters to me at the end of life is...

(For example, being able to recognize my children; being in the hospital with excellent nursing care; being able to say goodbye to the ones I love.)

## Where I Stand Scales

Select the number that best represents your wishes. (You can write on the dotted line below each scale if you'd like to explain or add notes about your answer.)

As a pati	ent, l'd like t	o know			If I had a terminal illness, I would prefer to				
◯ 1	◯ 2	◯ 3	◯ 4	◯ 5	◯ 1	◯ 2	◯ 3	◯ 4	◯ 5
Only the b about my c and my tre	condition		about m	l the details ny condition y treatment	Not know how quick is progres	kly it		estimat	octor's best ion for how have to live
As dosto	re troat ma	l would like		• • • • • • • • • •	Howlon	ig do you wan	t to rocoivo	modical caro	
AS UUCLU	rs treat me, l	would like	•			ig uo you wan	t to receive	ineulcal care	<b>.</b>
◯1	◯ 2	◯ 3	◯ 4	◯ 5	◯ 1	○ 2	◯ 3	◯ 4	◯ 5
My doctors what they is best			:	To have a say in every decision		ly, no matter mfortable ts are		more ir	lity of life is nportant to an quantity
	•••••	• • • • • • • • • • • • • • •		• • • • • • • • • •	•••••	• • • • • • • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •	

Institute for Healthcare Improvement www.ihi.org

www.theconversationprojectinboulder.org

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Vhat are your conc	erns about tre	eatment?		How involved do you want your loved ones to be?					
)1 ○2	◯ 3	◯ 4	◯ 5	◯ 1	◯ 2	◯ 3	◯ 4	$\bigcirc$	
m worried nat I won't get nough care		l'm worried that l'll get overly aggressive care		l want my loved ones to do exactly what l've said, even if it makes them a little uncomfortable			l want my loved one to do what brings ther peace, even if it goe against what l've sai		
				•••••					
Vhat are your prefe	rences about	where you w	ant to be?	When it comes to sharing information					
◯1 ◯2	◯ 3	◯ 4	◯ 5	◯ 1	◯ 2	◯ 3	◯ 4	$\bigcirc$	
wouldn't mind pending my last days n a health care facility			oend my last ays at home	l don't wan ones to kn about my l	ow everything		l am comf those close to everything abou		
? Do you have an	y particular c	oncerns (que	estions, fears)	about your l	nealth? Abo	ut the last p	phase of your l	life?	
? Do you have an	ıy particular c	oncerns (que	estions, fears)	about your l	nealth? Abo	ut the last p	ohase of your l	ife?	
P Do you have an	ıy particular c	oncerns (que	estions, fears)	about your l	nealth? Abo	ut the last p	ohase of your l	ife?	
? Do you have an	ıy particular c	oncerns (que	estions, fears)	about your l	nealth? Abo	ut the last p	ohase of your l	ife?	
<ul> <li>Po you have an</li> <li>What do you fe to understand</li> </ul>	el are the thr	ee most impo	ortant things	that you war	it your frien				
? What do you fe	el are the thr about your wi	ee most impo ishes and pre	ortant things eferences for t	that you war end-of-life ca	it your frien				
? What do you fe to understand	el are the thra about your wi	ee most impo ishes and pre	ortant things eferences for o	that you war end-of-life ca	it your frien				
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