

# **Conversations About the Last Days/ Weeks of Life**

For many people, talking about death is difficult. Caregivers and their loved ones who have had these important conversations before the actual time of need are better prepared to help make this time more meaningful and comfortable.

The following questions can be used as a guide to help you have conversations about life's end with your loved one and to give you information to feel better prepared to assist your loved one achieve a peaceful death.

- Have you thought about what you want your last weeks or days to be like?
- What would you like this time to be like?
- Where would you like to be?
- What would you like to be surrounded with?
- What do you think would make you comfortable at that time?
- Who would you like to be with you?
- Is there anything I can do for you during that time?
- Is there anyone you would like to see before the last weeks or days?
- Do you want any specific prayers, rituals, sacraments to be a part of that time? If so, what?
- Who would you like to be a part of those?
- Is there anything you would like to do to prepare for that time?
- Are there any concerns or fears you have?

Sometimes it can be difficult to openly say what you want to say to your loved one. You might be afraid of saying the wrong thing. You might not know how to say those things that are important to you, or you might be concerned about what you would feel or how you would act if you said the words out loud. You can reflect on and practice what you would like to say to your loved one, doing so in a private, non-threatening place and in a non-threatening way.