

## Goals of Care:

### 5 Wishes

#### WISH 1: THE PERSON I WANT TO MAKE CARE DECISIONS FOR ME WHEN I CAN'T

1. If I am no longer able to make my own health care decisions, this is the person I choose to make these choices for me

#### WISH 2: MY WISH FOR THE KIND OF MEDICAL TREATMENT I WANT OR DON'T WANT

What You Should Keep In Mind As My Caregiver such as: what "Life-Support Treatment" means to Me, my wishes if I am close to death or in a coma or have brain damage and not likely to recover, etc.

#### WISH 3: MY WISH FOR HOW COMFORTABLE I WANT TO BE

- I do not want to be in pain. I want my doctor to give me enough medicine to relieve my pain, even if that means I will be drowsy or sleep more than I would otherwise.
- If I show signs of depression, nausea, shortness of breath, or hallucinations, I want my care givers to do whatever they can to help me
- I wish to have a cool moist cloth put on my head if I have a fever
- I want my lips and mouth kept moist to stop dryness
- I wish to have warm baths often. I wish to be kept fresh and clean at all times.
- I wish to be massaged with warm oils as often as I can be
- I wish to have my favorite music played when possible until my time of death. 8. I wish to have personal care like shaving, nail clipping, hair brushing, and teeth brushing, as long as they do not cause me pain or discomfort
- Other

#### WISH 4: MY WISH FOR HOW I WANT PEOPLE TO TREAT ME

- I wish to have people with me when possible
- I want someone to be with me when it seems that death may come at any time
- I wish to have my hand held and to be talked to even when I can't respond to the voice or touch of others.
- I wish to have others by my side praying for me when possible
- I wish to be cared for with kindness and cheerfulness, and not sadness.
- I wish to have pictures of my loved ones in my room, near my bed.
- Other

#### MY WISH FOR WHAT I WANT MY LOVED ONES TO KNOW

- I wish to be forgiven for the times I have hurt my family, friends, and others
- I wish for my family and friends to know that I do not fear death itself. I think it is not the end, but a new beginning for me
- I wish for all of my family members to make peace with each other before my death, if they can
- I wish for my family and friends to think about what I was like before I became seriously ill. I want them to remember me in this way after my death
- 5. Other

If anyone asks how I want to be remembered, please say the following about me

If there is to be a memorial service for me, I wish for this service to include the following

## Direction

- ❑ CPR if witnessed Transfer The Resident may benefit from, and is accepting of, any appropriate investigations/interventions that can be offered. Transfer to hospital, without CPR, if condition deteriorates. Assessment & plan of care determined by acute care staff.
- ❑ no CPR Active Care The Resident's comfort is prioritized through the management of symptoms. Interventions which may prolong life are used as needed to correct certain reversible health problems (e.g., a trial of oral antibiotics). Transfer to an acute care setting only if care needs cannot be met in current location to ensure comfort (e.g., for a hip fracture with significant discomfort)
- ❑ NO CPR Allow Natural Death The resident is treated with dignity and respect and kept clean, warm & dry. Pain & symptom management & spiritual & psychosocial support are provided. Reasonable efforts are made to offer food & fluids by mouth. Medication, positioning, wound care, & other measures are used to relieve pain & suffering