



End of Life Planning Checklist

Simple steps to bring peace, clarity, and comfort

Choose a healthcare proxy:

Name someone to make decisions for you if you cannot. Be sure they understand your values and wishes.

Discuss wishes for care:

Talk openly about comfort-focused vs aggressive treatments, hospitalizations, CPR, and what quality of life means to you.

Complete advanced directives:

Living Will, Medical Power of Attorney (POA), and—if desired—an Out-of-Hospital Do Not Resuscitate order (DNR).

(NOTE: Each state has its own legally required form. If the correct form is not present and visible, healthcare personnel are legally obligated to perform all life-saving measures, including CPR.)

Share spiritual preferences:

Scripture, prayer, music, rituals, or pastoral support you would want near the end of life.

Document environment & personal preferences:

Room lighting, music, visitors, scents, keepsakes, privacy needs, and anything that helps you feel safe and comforted.

Organize legal & financial documents:

Will, passwords, accounts, insurance, funeral/cremation wishes, and contact information for key people.

Review medications & comfort plan:

Clarify pain, anxiety, nausea, and breathing medications with your hospice team. Know when to call and what's expected.

Communicate with your family:

Share decisions clearly to reduce confusion or conflict. Make sure everyone knows whom to call and what you want most.

“Planning ahead brings peace — for you and the ones you love.”