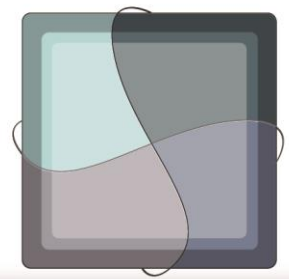


# DECEMBER



## Plan for End of Life

***ALL of us—with or without kidney failure—need to share our wishes for what we want if we can't speak for ourselves.***

### How can I increase my engagement this month?

- **Understand that it is normal to feel uncomfortable talking about end of life issues, but that shouldn't stop you from making important decisions.**
  - Remember that talking about end of life won't make it happen any sooner!
  - Ask your social worker for information on how to get started.
  - Take it one step at a time. You don't need to make all the decisions at once.
- **Think about what you would want and tell loved ones and your Care Team.**
  - Fill out **Advance Directives** and **Healthcare Power of Attorney** forms. Your Care Team can give you the forms.
  - Give a copy to one or more of your loved ones.
  - Have copies on file at your local hospital and dialysis clinic.
  - Keep a copy with your emergency preparedness/safety kit.
- **Share your wishes with your Care Team and others who care for you.**
  - During your next Plan of Care meeting, share your wishes with your Team.
  - Review your forms each year in case your wishes change.
  - If you change your plans, then update the forms and share the new ones.
- **Create plans so your loved ones know your wishes.**
  - Create plans for long-term care.
  - Learn about hospice options in your town. You can ask questions and pick the one that is right for you, even if you won't need hospice for a long time.
  - Buy life and burial insurance if you can.

"Made me feel good that my family's burden had been lifted"

- AG

### Why should I increase my engagement by planning for end of life?

- **Peace of mind.** You can take comfort in knowing that these important decisions have been made.
- **Help your family cope with loss.** When you tell your loved ones what you want, they will be able to focus on comforting and supporting each other during difficult times.

### Financial and legal issues should be directed to an accountant or attorney.

I left it all so the LORD can use it whatever way he wants and choose to do as he gets the glory when all is said and done

- NK



This information was created **BY** ESRD patients **FOR** ESRD patients!

To file a grievance or for questions, contact Network 14 at 1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net, 4099 McEwen Rd, Suite 820, Dallas, TX 75244, or www.esrdnetwork.org.