

Advanced Directive and Durable Power of Attorney

My final travel plans...(circle all that you want)

The Rest of Your Life recommends that you review completed documents with an attorney, especially if there are mitigating circumstances surrounding your Advanced Directive or Durable Power of Attorney.

To: My family, friends and loved ones

From: (person's name)

Date:

Topic: My final travel plans...(circle all that you want)

1. Comfort and General Care

1. Alleviate pain and suffering and provide comfort. Include my doctors in this request.
2. Treat my fevers with a cool moist cloth on my head and aspirin or Tylenol.
3. Keep my mouth, lips and eyes moist.
4. Keep me clean and fresh. I like baths and showers if my condition allows.
5. Please provide clean clothes and bedding.
6. Massage helps me relax.
7. I'd like to look cared for to include teeth, hair, nail and shaving as tolerated.

2. Interaction with friends, family and loved ones

1. I want company and would like to have someone with me at the end.
2. Please talk to me about daily events, even if I'm not responsive.
3. Feel free to hug me and hold my hand.
4. Let people on my social media and my religious groups know about my condition.
5. Place pictures of my family, friends and loved ones about my hospital room
6. If possible, I'd like to die at my home.
7. Let's have a television available to watch the news and sports events.
8. Let's be outside as much as possible, fresh air, sunshine and birds will cheer me.
9. I like to listen to my favorite music.
10. I have favorite prayers and poems, friends can read the to me.

3. Here are some thoughts if I am not able to express myself—

1. I love you _____, _____, _____, _____
2. I'm sorry for when I have hurt you and ask to be forgiven.
3. I forgive you for hurting me.
4. I do not fear death, it is part of my life.
5. Please remember me before I was so sick and frail.
6. If you are troubled by my decline and death, please find counseling.

4. Here is how I'd like to be remembered in a nutshell: _____

_____.

5. The following persons know my funeral plans : _____

_____.

6. At my memorial service, I'd like to include the following music, songs, reading etcetera:

_____.

7. Here's a few additional requests:

_____.