



Considerations for Having the Difficult Conversations about Dying

Having a difficult conversation about dying and planning for the end of life is tough but necessary. Here are some tips to help you talk about it:

1. Find a quiet and comfortable place to talk without interruptions.
2. Be understanding and kind when talking to the person.
3. Share your own feelings using "I" statements.
4. Start with open questions, like "Have you thought about what you want at the end of your life?"
5. Respect their choices, even if they are different from yours.
6. Talk about what matters most to them and their beliefs.
7. Tell them about different options, like hospice care and living wills.
8. If suitable, involve other family members or friends.
9. Be patient because it might take time.
10. Consider getting help from a counselor or healthcare provider if needed.
11. Write down their decisions in legal documents, like advanced directives.
12. Keep talking about it regularly to keep plans up-to-date.

Remember, it's a sensitive topic, so be caring and understanding throughout the conversation.