

## It's Time to Start a Conversation

Now is the time to consider how you want to be cared for when you have a significant health problem. By sharing your thoughts about end-of-life now, you can provide those you love with a great sense of peace, purpose, certainty and control over the future. These tools can help you start the conversation, consider the options and chart your personal path.

### Questions to Consider

#### Quality of Life

On a scale of 1 to 5 with 5 being very important and 1 not important to me, I rate these issues defining my quality of life:

(Please circle one)

Being able to recognize family and friends	1	2	3	4	5
Being able to communicate and be understood	1	2	3	4	5
Having the ability to think clearly	1	2	3	4	5
Being free of pain	1	2	3	4	5
Being free from symptoms most of the time (nausea, diarrhea, shortness of breath, etc)	1	2	3	4	5
Being able to eat and drink	1	2	3	4	5
Being able to control my bladder and bowel	1	2	3	4	5
Being able to live in my own home	1	2	3	4	5

#### My Prognosis

If I was very ill and told there was little chance to live much longer, I would like to: (Please circle one)

Continue with all possible treatments and hope for a miracle to restore my health

Yes                  No                  Unsure

Be provided with medications to alleviate my pain and discomfort and be allowed to die naturally and with dignity

Yes                  No                  Unsure

If I were in a coma and doctors believed there was little hope for regaining consciousness, I would like to: (Please circle one)

Be kept alive as long as possible in hopes future medical advancements might restore my health

Yes                  No                  Unsure

Continue only treatments and care that will ensure my comfort and stop any treatment aimed at cure or prolonging my life.

Yes                  No                  Unsure



## Treatments

If I should have a terminal illness, dementia, serious stroke or were in a coma, these are my choices for treatment:

	(Please circle one)		
Surgery	Yes	No	Unsure
CPR to start my heart or breathing if either should stop	Yes	No	Unsure
Medicine for infections (antibiotics)	Yes	No	Unsure
Kidney dialysis	Yes	No	Unsure
A respirator or ventilator to breathe for me	Yes	No	Unsure
Food or water through a tube in my vein, nose or stomach	Yes	No	Unsure
Blood transfusions	Yes	No	Unsure

## At the End of My Journey

My last days are important to me and I want the opportunity to say: "I love you," "Thank you," and "Good-bye." On a scale of 1 to 5 with 5 being very important and 1 not important to me, I rate these issues defining how I would like to spend my last days:

	(Please circle one)				
At home	1	2	3	4	5
In a hospital	1	2	3	4	5
Surrounded by family and friends	1	2	3	4	5
Free from pain and discomfort	1	2	3	4	5
Being alert, even if I am in pain	1	2	3	4	5
Having time with my pastor, rabbi, priest or other spiritual advisor	1	2	3	4	5
Having time to express forgiveness, gratitude and love	1	2	3	4	5

**Once you have completed this worksheet, please share your choices with your loved ones.** By giving them clear direction to help guide them through difficult decisions they may face, they will be better able to honor your choices and express their love. To further assist them you should complete the advance directive documents and provide your doctor and your loved ones with copies.



**Community Care Hospice**  
1669 Rombach Ave.  
Wilmington, OH 45177

**Hospice of Central Ohio**  
2269 Cherry Valley Rd.  
Newark, OH 43055

**Ohio's Community Mercy Hospice**  
100 W. McCreight Ave., Ste. 400  
Springfield, OH 45504

**Ohio's Hospice of Butler & Warren Counties**  
5940 Long Meadow Dr.  
Middletown, OH 45005

**Ohio's Hospice of Dayton**  
324 Wilmington Ave.  
Dayton, Ohio 45420

**Ohio's Hospice of Fayette County**  
222 N. Oakland Ave.  
Washington Court House, OH 43160

**Ohio's Hospice LifeCare**  
1900 Akron Rd.  
Wooster, OH 44691

**Ohio's Hospice Loving Care**  
56 South Oak St., P.O. Box 445  
London, OH 43140

**Ohio's Hospice of Miami County**  
550 Summit Ave. Ste. 101  
Troy, OH 45373

## Key Facts



1,700

Average Daily Census



1,200

Staff



1,300

Volunteers

## Ohio Counties Served

Adams, Ashland, Brown, Butler, Champaign, Clark, Clermont, Clinton, Coshocton, Darke, Delaware, Fairfield, Fayette, Franklin, Greene, Hamilton, Highland, Hocking, Holmes, Knox, Licking, Logan, Madison, Medina, Miami, Montgomery, Muskingum, Perry, Pickaway, Pike, Preble, Richland, Ross, Shelby, Union, Warren, and Wayne counties.

