



HOW TO TALK ABOUT “END OF LIFE”, NOW

Although it might be a somewhat difficult task to talk about end of life issues there are ways to approach and continue the discussion. These include the following:

1. Start by reflecting on values and what matters most to you by doing an analysis and evaluation of your personal life. This is not necessarily a “one and done” process because life and circumstances change over a period of time. Review your desires periodically and then let others know how your desires have changed. (1)
2. Learn as much as possible about “end of life issues”, especially those that relate to physical and mental health, finances, and caregiving. A good source is **The Conversation Project**. (2)
3. **Adult children**, ages from 25 to 65, **need to be deeply involved** in this discussion and process because they will most likely be the ones implementing the parent’s desires.

(1) Webster, P. (2021), Vol. 1, Number 82) *The conversation project: How to talk about end of life, now*. CSA Journal, Vol. 1, Number 82, pp. 28-33.

(2) The Conversation Project, 53 State Street, 19th Floor, Boston, MA. 02109; by email: conversationproject@IHI.org

Written by: Dr. Dale Johnson