

When you reach your very last days, all your administrative loose ends are tied up, you have accepted that the time has come to let go and you have had the last important conversations with your family and friends. So what do you want to hear at this time?

It's important to communicate this now. You may not be able to speak during you final days and hours. Many people do not know what to say in the presence of someone who is dying. In the absence of direction they may dwell on their own grief and confusion, which you will not be able to assuage. At the very end, you will be inwardly focused, and your advocates and caregivers will respect your need for quiet time.

There may also be moments when you experience anxiety, and at that time, you will want to be reassured that whatever you are worrying about is going to be fine. These reassurances will help you as you decide when it is time to let go of these concerns.

Some questions to discuss with your advocates:

In addition to my advocates, I would be happy to have the following people visit me during my last days:

_____	_____
_____	_____
_____	_____

If I appear to be worried, it is likely that I will want to be reassured about the following:

