

# FOUR QUESTIONS

## TO START SERIOUS ILLNESS CONVERSATIONS WITH YOUR HEALTH CARE PROVIDER

### **1. What is my understanding of my illness?**

Understanding my condition or illness can help inform discussions about care choices, including avoiding treatments that may not benefit me or even cause harm.

### **2. What matters most to me?**

Sharing my values about what is important to me at the end of life can improve my care. These values can include spiritual, emotional, and comfort considerations.

### **3. How much am I willing to go through for the sake of added time?**

Learning about the potential risks and benefits of life-prolonging treatments like CPR or feeding tubes at the end of life can help inform an understanding of what I want or do not want.

### **4. Do I have a health care decision-maker who knows my wishes if I can no longer speak for myself?**

Sometimes at the end of life people can have difficulty communicating or can no longer communicate. A trusted person who knows my wishes can speak for me.