

Care of the mind

Making your wishes known

When thinking about the end of your life it is helpful to clarify your wishes so that you and your family can communicate openly about the things that are most important to you.

Making your wishes known will make it easier for your family to support you and if they are required to make decisions on your behalf they will know what is important to you. Even if you have no views on these matters, knowing that you have no strong preference will help your family have confidence in the decisions they make on your behalf.

You may prefer to work through the following worksheets on your own or with a support person. After you are clear about your preferences, it will be important you discuss them in detail with family, friends and possibly your healthcare team so they can help you put your wishes into action.

There are three worksheets to consider in this process:

- [Your wishes before you die \(Word version\)](#)
- [Your wishes as you die \(Word version\)](#)
- [Your wishes for after your death \(Word version\)](#)

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



This is a **Support and Learning** resource. More resources available at www.karuna.org.au/resources. Karuna is affiliated with www.fpmt.org



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