



WHAT CAN A DEATH MIDWIFE HELP WITH?

ALL TOO OFTEN, WE START THINKING ABOUT DEATH WHEN IT'S IMMINENTLY ENCROACHING, WHETHER BECAUSE OF AGE, ILLNESS OR OTHER LIFE-THREATENING CIRCUMSTANCES.

BUT THE BEST DEATH CARE PLANS ARE THOSE MADE WELL BEFORE WE ARRIVE AT THAT THRESHOLD. IT'S NEVER TOO EARLY TO HAVE THE IMPORTANT CONVERSATIONS WITH LOVED ONES, TO BEGIN ENVISIONING WHAT YOU'D LIKE YOUR DEATH TO LOOK AND FEEL LIKE AND TO START PLANNING FOR THE END OF YOUR LIFE.



HERE ARE A FEW QUESTIONS TO GET YOU THINKING ABOUT THE END OF LIFE.

DO YOU HAVE THESE DOCUMENTS SAVED?

- ✓ A WILL
- ✓ A MEDICAL POWER OF ATTORNEY
- ✓ A HEALTHCARE POWER OF ATTORNEY
- ✓ AN ADVANCE CARE DIRECTIVE OR LIVING WILL

- ✓ A PLAN AND WISHES FOR THE DISPOSITION OF YOUR BODY
- ✓ A HIPAA RELEASE FORM TO DISCLOSE HEALTH INFORMATION TO DESIGNATED INDIVIDUALS

IMAGINE YOU'RE REVIEWING YOUR LIFE AT THE END...

- ✿ WHAT LEGACY DO YOU HOPE TO LEAVE BEHIND?
- ✿ HOW DO YOU MOST WANT TO BE REMEMBERED BY THOSE YOU LOVE?
- ✿ WHAT QUALITIES DO YOU HOPE STAND OUT?
- ✿ WHAT ARE YOU MOST PROUD OF IN YOUR LIFE?
- ✿ WHAT AND/OR WHO HAS BROUGHT YOU THE GREATEST JOY?
- ✿ WHAT DREAMS HAVE YOU FULFILLED?
- ✿ WHAT CAUSES HAVE YOU SUPPORTED AND BELIEVED IN?

AS YOU'RE DYING...

- ✿ WHO WOULD YOU LIKE TO BE THERE?
- ✿ WHO WOULD YOU PREFER NOT BE THERE?
- ✿ WOULD YOU LIKE TO HAVE CHILDREN PRESENT?
- ✿ WHAT SOUNDS WOULD YOU LIKE TO HEAR?
- ✿ WHAT WOULD FEEL MOST COMFORTING TO YOU?
- ✿ WHAT FOODS WOULD BRING YOU JOY?

WHEN YOU DIE...

- ✿ WHO DO YOU WANT NOTIFIED ABOUT YOUR DEATH?
- ✿ WHO DO YOU WANT MAKING YOUR FUNERAL ARRANGEMENTS?
- ✿ IS IT OK THAT THEY MAKE ARRANGEMENTS THAT ARE MOST MEANINGFUL FOR THEM OR FOR YOU (INCLUDING NOT HAVING A FUNERAL OR MEMORIAL SERVICE)?

- ✿ WHO WOULD YOU WANT TO ADOPT YOUR PETS?
- ✿ WHO DO YOU WANT WRITING YOUR OBITUARY AND GIVING YOUR EULOGY?
(MIGHT YOU WANT TO WRITE THEM YOURSELVES BEFORE YOU DIE?)
- ✿ IF NOT BEING CREMATED (TRADITIONALLY OR BY WATER) OR HAVING THE BODY
DISPOSED OF IN SOME OTHER ALTERNATIVE THAT REDUCES IT TO ORGANIC MATTER,
WHAT CLOTHING AND ACCESSORIES WOULD YOU LIKE TO BE BURIED IN?

*these questions and options are by no means comprehensive but meant only
to get you thinking of some of the things you might never have considered
when it comes to your death*

©THIS HALLOWED WILDERNESS