# End of Life Planning

A guide for staff teams



## **END OF LIFE PROFILE**

### WHAT WE LIKE AND ADMIRE ABOUT

### WHAT IS IMPORTANT TO ME ON MY END OF LIFE JOURNEY

- Who does the person want involved? Who do they want supporting them?
- Where do they want to die?
- Are there certain foods or other comfort measures they want?
- Who do they want to make decisions with/for them?
- Anything else?

### HOW TO SUPPORT ME ON MY END OF LIFE JOURNEY

- Medication preferences
- Comfort measures
- Personal care
- Personal touch
- How involved in decisions do they want to be?
- Preferences for family supports
- How much information do they want about their journey/progression
- Anything else?

# How we support each other

Team member name	What I admire about this person	How might my personal views conflict with what the person wants?	How can our team support me to stay focussed on the person?	What support do I need to manage supporting this person on this journey?

# **Stress and Support**

Team member name	What causes me stress on this journey?	How others will know I am stressed?	What can I do to manage my stress?	What can others do to support me?

# Once the person has passed:

Team member name	How I would like to be involved in arrangements or services that the person or designate has chosen	What may trigger emotions around the person's passing	How I want to be supported with grief and triggers