

Your eyes only
(You decide who sees this)

17 Caring Things (We Can Do For One Another)

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Imagine you have a serious illness or a high risk of dying in the near future. Mark where you want to be between each of the two extremes. For example if you want low cost no matter what, mark on the left ← side; if do everything is most important, slide the pointer to the right → side; maybe you are somewhere in between:

Low cost	<----->	Do everything
My wishes decide my care	<----->	Family consensus decides
Human touch: hold my hand, wipe my brow, be kind, gentle	<----->	Not of great concern to me
I am able to think clearly	<----->	Less important
Control pain to this level: Low	<----->	High pain
Spiritual/Religious conversation or counsel	<----->	Not a concern to me
Home environment	<----->	ICU/Hospital/Nursing Home
More doctor or nurse explanations of what to expect	<----->	Don't trouble me
Life review: making sense of my life	<----->	Not a concern to me
Calm environment	<----->	Busy environment
High engagement with family and those who care	<----->	Low engagement with family and those who care
Music, conversation, praying	<----->	Quiet
Life is always worth living	<----->	There may be things that make my life not worth living
Continuing my hobbies, activities: High importance	<----->	Low importance
Caring for myself	<----->	Someone to do for me
Having my pets around	<----->	Low importance
Something else:	<----->	