Mother and Daughter: Facing Life’s Last Chapters Together
Fourteen Hours...
Estate Planning of the Heart

Communicating what matters in later life and as we approach death
Let’s talk about…

- Importance of a conversation about aging, dying and what matters most
- Starting the conversation where there is reluctance and avoidance
- Additional resources
Stereotypes Hurt

WHEN YOU’RE OLD,
YOUR BUTT CHEEKS DROOP.
YOUR KNEES GET STIFF.
IT’S TOUGH TO POOP!
YOU EAT AT FOUR
TO SAVE A BUCK...

GOOD THING YOU’RE YOUNG,
’CAUSE THAT WOULD SUCK!

HAPPY BIRTHDAY
“Death is not the greatest loss in life, the greatest loss is what dies inside us while we live.”

-Norman Cousins
“The really frightening thing about middle age is the knowledge that you’ll grow out of it.”

-Doris Day
Reasons to Talk Early

- Director of my life
- Road map to guide
  - Unburden those you love
- Model, think and share
- Depression diminished
- Helps focus on living
Additional Considerations

- Talk Early
- Most Appropriate Person for Conversation
- Practice Starting Conversation...
  1. Are You Worried?
  2. Notice Changes?
  3. Want to Know if Others See Changes?
  4. Willing to See a Doctor?
  5. What Should Happen if Brain Disease Develops
More Considerations

- Anticipate Denial, Confusion, Withdrawal
- Conversation May Not Work - Revisit Later
- Offer Support as a Care Partner
- Early Diagnosis Allows Action Plan
Put Me Where The Action Is
Three Additional Points

- Talk before a crisis
  - Easier when hypothetical

- You are never too young for this talk
  - Need to normalize

- Not one conversation
  - Each issue takes time and evolves
It’s not the “Birds and the Bees!”
“Quality not the longevity of one’s life is what’s important.”

-Martin Luther King
“We have two fears: that we will not get the care we need or we get the care we don’t want.”

- Ellen Goodman
Starting the Conversation

- Write “what matters to me __________.”
  - Then share.
- Frame as planning for the future
- Dip your toe – start with a safer topic
- Be direct, ask for help
- Discuss an event where wishes remain unknown
Starting the Conversation

- Discuss issues in news, movies, TV shows, politics
- Ask questions
- “Tell Me More”
- Informal book club, Five Wishes, attend presentations
Starting the Conversation

- Take the lead with your own planning
- If still reluctant, be patient
  - Continue at a future time
- Try humor!
Life’s journey is not to arrive at the grave safely in a well preserved body, but rather to skid in sideways, totally worn out, shouting, “Wow, What a Ride.”

- Hunter S. Thompson
May you have the conversations of a “lifetime.” We hope it brings greater understanding, intimacy, comfort and support for all involved.

-Patty and Libby