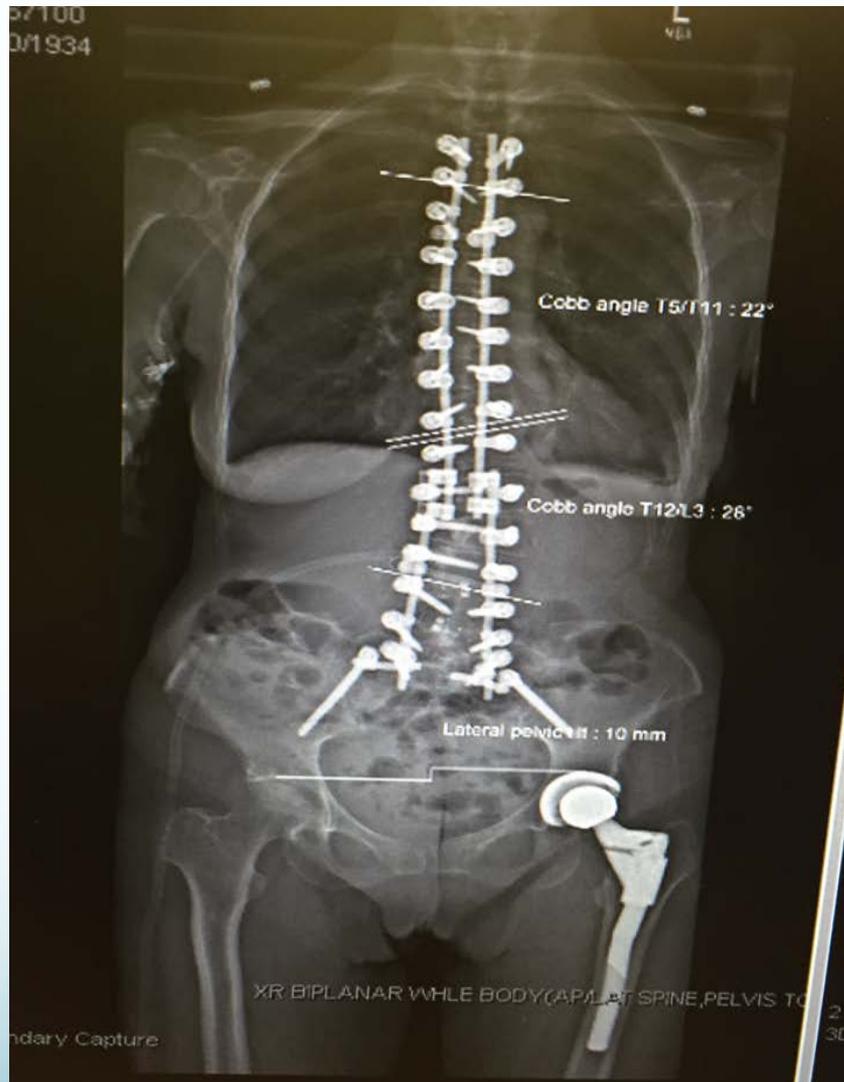


# Mother and Daughter: Facing Life's Last Chapters Together



# Fourteen Hours...



# Estate Planning of the Heart



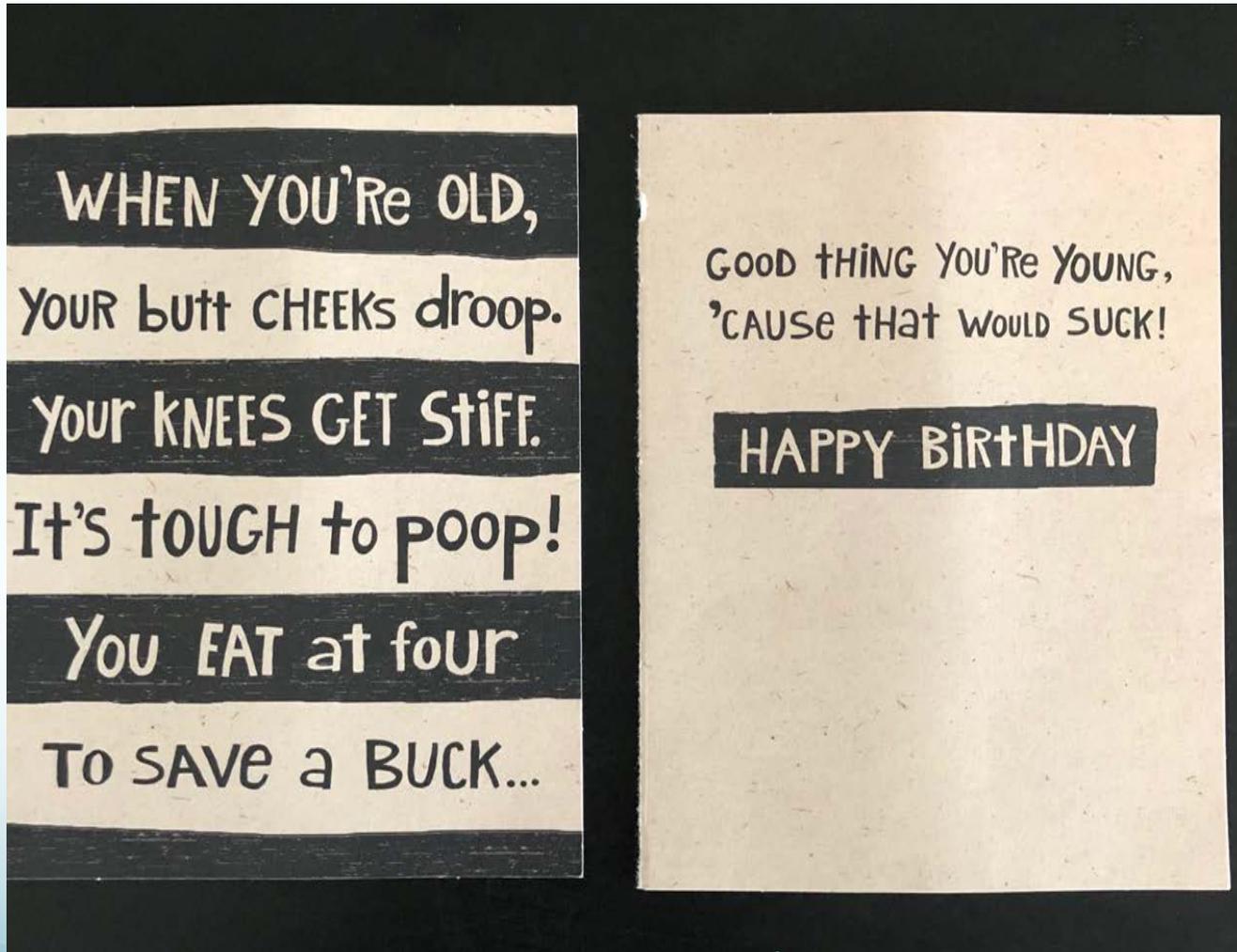
**Communicating what matters in later life  
and as we approach death**

# 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

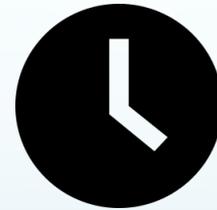
- Anticipate Denial, Confusion, Withdrawal
- Conversation May Not Work - Revisit Later
- Offer Support as a Care Partner
- Early Diagnosis Allows Action Plan

# Put Me Where The Action Is

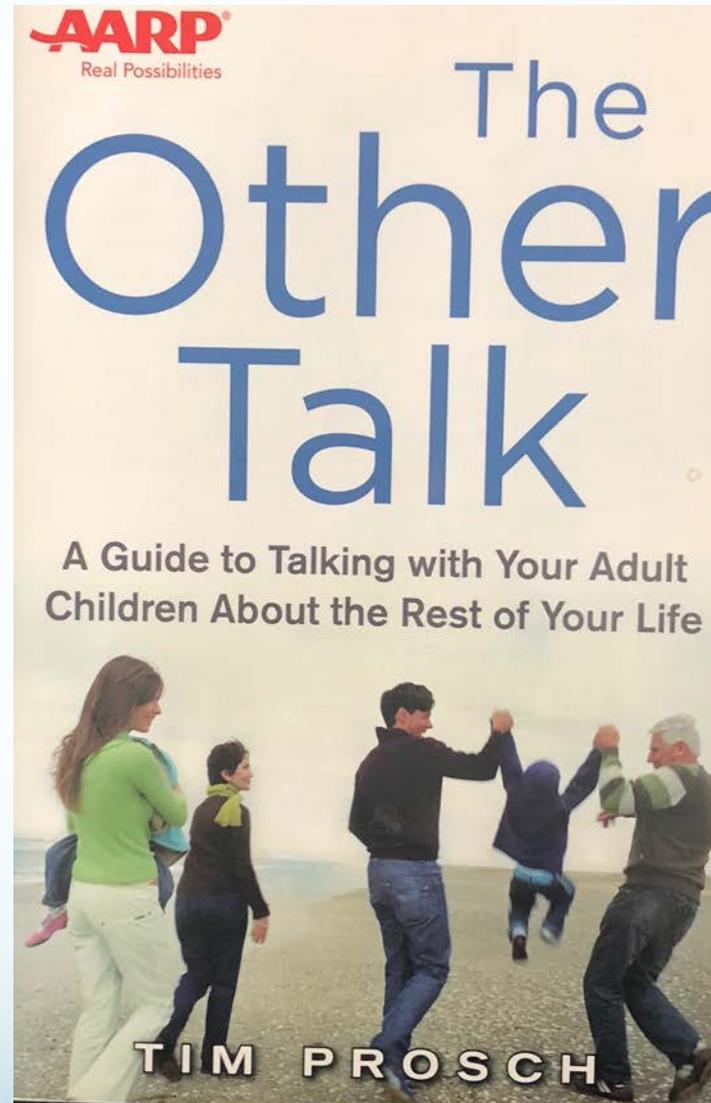


# Three Additional Points

- 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.”

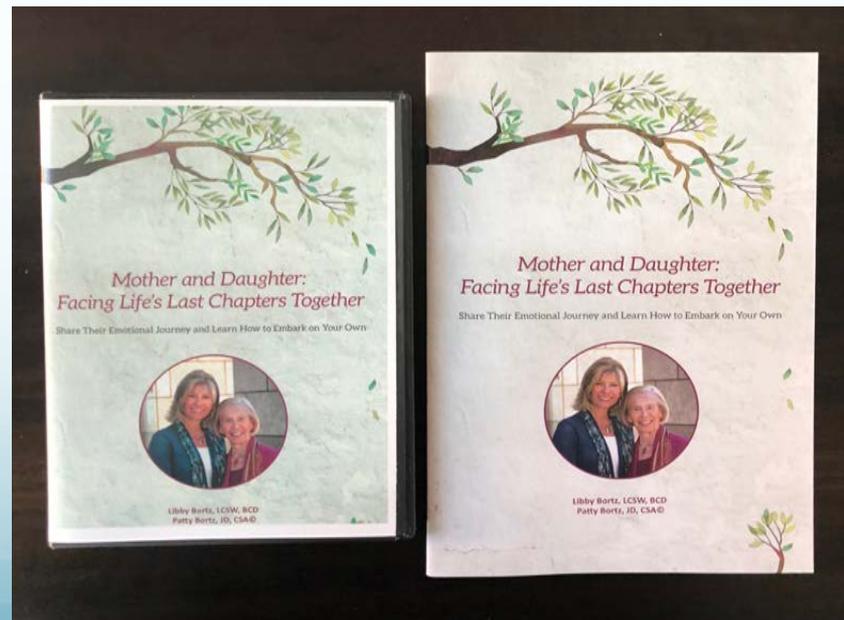
-Ellen Goodman

# 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 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