

End-of-Life Preparedness Assessment

Are you adequately prepared to face the end-of-life? Have you taken the time to make plans for yourself and your loved ones? This simple assessment will help you evaluate whether or not you have done enough preparation and point out the areas that still need some work. Use it to motivate yourself to get your papers, plans and relationships in order NOW while you have the opportunity!

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| 1. Do you have a written estate plan, including a will or living trust? | Yes | No |
| 2. Have you appointed a financial power of attorney for your estate and a healthcare proxy for medical decision-making? | Yes | No |
| 3. Do you have a signed living will or advance directive? | Yes | No |
| 4. Have you talked with loved ones about your healthcare wishes for the end-of-life? | Yes | No |
| 5. Have you talked with your doctor about your healthcare wishes for the end-of-life? | Yes | No |
| 6. Do you have plans for your own funeral and disposition after death? | Yes | No |
| 7. Are your papers and documents stored in a safe place where they will be accessible to your loved ones? | Yes | No |
| 8. Have you worked on tying up loose ends in your life, such as healing old resentments and practicing forgiveness? | Yes | No |
| 9. Do you feel satisfied that your life has meaning and purpose? | Yes | No |
| 10. Are you comfortable talking about what happens after death even though you don't know all the answers? | Yes | No |
| 11. Are you prepared to care for a dying loved one at home if that is his or her wish? | Yes | No |
| 12. Are you able to think about death with minimal fear? | Yes | No |

Circle Yes or No for each question, then add up the number of Yes responses.

End-of-Life Preparedness Assessment Results:

<i># of “Yes” Answers:</i>	<i>Interpretation:</i>
0 - 3	<p>You have some work to do! You could benefit from spending a little time reviewing the questions you responded “No” to and creating a plan for how you will further prepare for the end-of-life. Remember to start simple and work gradually. You could definitely benefit from the Step-by-Step Roadmap for End-of-Life Planning Course, which will help you get through your paperwork a little at a time as you feel comfortable. You might enjoy listening to some of the interviews from End-of-Life University for inspiration and to help you decide how to get started with your planning. Good luck to you!</p>
4 – 6	<p>Good work! You have done some planning for the end-of-life and that will be beneficial for you and your loved ones. Hopefully this assessment will help you see the areas where you could accomplish a little more. Start by taking a look at your “No” answers and thinking about how you might work on those tasks that are still not finished. Check out the modules from the Step-by-Step Roadmap for End-of-Life Planning Course to see if they will be helpful to you as you complete your planning. Consider listening to some interviews from End-of-Life University that match the categories where you need some help and let them get you motivated. Best wishes for your planning!</p>
7 - 9	<p>Excellent! You are well on your way to having a complete plan for the end-of-life. Use this assessment to help you identify those issues you haven’t yet considered and choose the one you would like to get started on next. If you haven’t completed your Advance Directive (or Living Will) yet then the Step-by-Step Roadmap for End-of-Life Planning Course can still be helpful to you. Take advantage of the resources offered through End-of-Life University and the EOLU Podcast. The speakers featured there have a wealth of information and support to offer. Wishing you well!</p>
10 - 12	<p>Congratulations! You have done an impressive job of preparing for the end-of-life and are to be commended. You can easily finish up on the last few areas that need to be addressed. If you need help or advice, consider consulting the resources and speakers offered through End-of-Life University. Blessings to you on your journey!</p>