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While we cannot change the outcome, we can certainly improve the journey.

...♥ Life In Review Guidebook ♥...

This Life in Review guidebook is designed to help you reflect, celebrate, bring peace, comfort, joy, and finally, to aid you in your decisions about what you want this final piece of your life journey to look like.

Although your illness may have taken away some areas in your life you could control, this guidebook presents opportunities to give you control over your dying and death journey. Your end-of-life professional can provide you with the support you need to make the choices about your journey clearer.



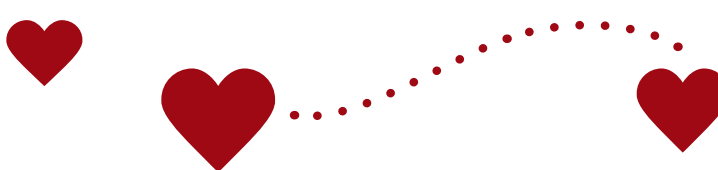
Name _____

Address _____

Phone _____

Email _____

Diagnosis _____



...♥ Welcome to Your Life! ♥...

Mitch Albom, author of “Tuesdays with Morrie”, says it best “The truth is, once you learn how to die, you learn how to live.”

Things to think about:

- 🍃 Are there parts of this document you would like to complete on your own?
- 🍃 Are there parts you would prefer to work on with members of your chosen family?
- 🍃 Do you feel any parts would be best worked on with the support of your end-of-life professional(s)?



Bill of Rights of the Dying



...♥ Home Hospice Association's ♥... Bill of Rights of the Dying

I have a right to die well.

I have the right to die amongst those who love me.

I have the right to talk about death.

I have the right to express my feelings and emotions about death.

I have the right to express my understanding of death.

I have the right to ongoing health care.

*I have the right to be cared for by caring,
sensitive, knowledgeable people.*

*I have the right to be cared for by those who can maintain
hopefulness, however changing that may be.*

I have the right to have my questions answered honestly.

I have the right not to be deceived.

I have the right to participate in decisions concerning my death.

I have the right not to be judged for my decisions.

*I have the right to expect that the sanctity
of my body will be respected.*



Guidebook Activities



Wheel of Life



...♥ Wheel of Life ♥...

This portion of the guidebook helps identify the areas in your life where we may be able to support you.

To complete this part of the guidebook:

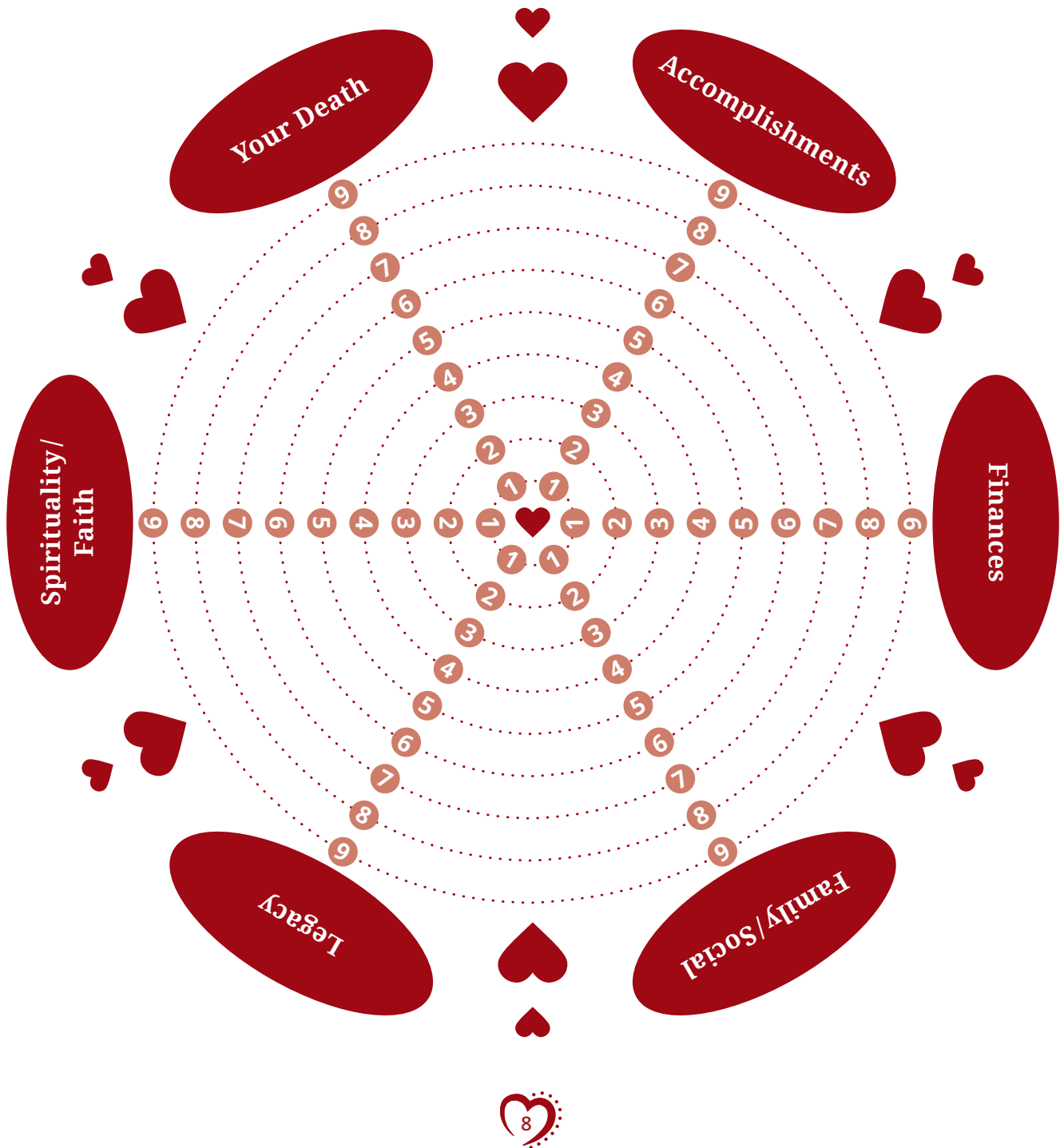
1. Look at the wheel and read the questions under each section:
(Accomplishments, Finances, Family/Social, Legacy, Spirituality/Faith, Your Death).
2. Choose the statement under each of the questions for each category that most closely matches your feelings. Place your selection (1, 2 or 3) in the circle beside the corresponding question.
3. After you have completed each section, add the numbers in the circles, and place the total inside the heart shape near the bottom of the page.
4. Take the total score from the heart shape for each section and place it on the corresponding spoke of the wheel (numbered from 1–9).
5. Connect the dots to show the sections you may need to focus on.



...♥ Wheel of Life ♥...

Understanding the wheel:

The sections on the wheel that are located closest to the center are ones that can be worked on with your Death Doula or other supporting person. The sections that are closer to the outer part of the wheel are usually chosen to be worked on alone or with a loved one. Any approach you feel comfortable working with is the right approach for you!



...♥ Accomplishments ♥...

Accomplishments are goals or achievements that we have attained through our acts, deeds, efforts, and performances. Accomplishments are often what we feel most proud of when reflecting on our lives.

How do you feel when you think about creating a list of your accomplishments?

1. Apprehensive
2. Not a top priority
3. Completely at peace

When you consider your list of accomplishments, how do you feel about their status or your progression towards achieving them?

1. Apprehensive
2. Not a top priority
3. Completely at peace

How do you feel when you think about what you are leaving for your family?

1. Apprehensive
2. Not a top priority
3. Completely at peace

Add the numbers in the circles beside the questions, and place the total in the heart:



...♥ Finances ♥...

Discussing finances can be complicated at the best of times. Discussions about finances can be even more difficult at this time because of having limited resources available to meet your goals.

How well do you feel your family will handle your assets and financial arrangements when you are not here?

1. Apprehensive
2. Not a top priority
3. Completely at peace

How do you feel about the organization of your financial assets and arrangements that are in place, including funeral arrangements?

1. Apprehensive
2. Not a top priority
3. Completely at peace

Do you feel that your child(ren) will be financially stable when you are not here?

1. Apprehensive
2. Not a top priority
3. Completely at peace

Add the numbers in the circles beside the questions, and place the total in the heart:



...♥ Family/Social ♥...

We all experience different types of relationships throughout our lives. Some relationships have a greater influence on our lives than others.

How do you feel when you think about forgiveness?

1. Apprehensive
2. Not a top priority
3. Completely at peace

How do you feel when you think about your relationships?

1. Apprehensive
2. Not a top priority
3. Completely at peace

How do you feel about how your loved ones are coping?

1. Apprehensive
2. Not a top priority
3. Completely at peace

Add the numbers in the circles beside the questions, and place the total in the heart:



...♥ Legacy ♥...

Everyone has things that they are “known” for (e.g., baking apple pies, sewing, songs, sports, art, etc.), and these special skills will provide lasting memories for your loved ones.

How do you feel when you think about how you may be remembered?

1. Apprehensive
2. Not a top priority
3. Completely at peace

When you think about projects you may have started or wish to start, how concerned are you about their completion?

1. Apprehensive
2. Not a top priority
3. Completely at peace

Are you concerned that your family/loved ones may not carry on the traditions you started or maintained throughout your life?

1. Apprehensive
2. Not a top priority
3. Completely at peace

Add the numbers in the circles beside the questions, and place the total in the heart:



...♥ Spirituality/Faith ♥...

Each person has their own set of beliefs, religion, or higher being that they look towards. How we were raised, and our beliefs can influence our end-of-life decisions.

How do you feel when you think about whether your chosen beliefs and decisions will be respected by others?

1. Apprehensive
2. Not a top priority
3. Completely at peace

How do you feel when you think about how your family will support your needs around faith or spirituality?

1. Apprehensive
2. Not a top priority
3. Completely at peace

How do you feel when you think of letting go now?

1. Apprehensive
2. Not a top priority
3. Completely at peace

Add the numbers in the circles beside the questions, and place the total in the heart:



...♥ Your Death ♥...

Thinking about your death can raise questions, fears, and the desire to look for meaning.

How nervous are you about not being treated as a living person?

1. Apprehensive
2. Not a top priority
3. Completely at peace

How concerned are you that your family cannot talk openly about your death?

1. Apprehensive
2. Not a top priority
3. Completely at peace

How do you feel when you think about your death?

1. Apprehensive
2. Not a top priority
3. Completely at peace

Add the numbers in the circles beside the questions, and place the total in the heart:



Your Life in Review



...♥ **How to use this part of the Life In Review Guidebook** ♥...

Now that you have completed the wheel and identified the sections you may need to focus on, it's time to dig a little deeper into how we can help you to make the most for the rest of your life. The following pages provide further questions to assist in this exercise.



...♥ Accomplishments ♥...

Things to consider:

- 🍷 How did you choose your career?
- 🍷 What do you feel was your greatest accomplishment?
- 🍷 What is your favorite memory when you think about your accomplishments?
- 🍷 What made you feel like you accomplished your goal(s)?
- 🍷 How do you feel now when you think about your accomplishments?

[illegible]

...♥ Accomplishments ♥...

Things to consider:

- What three events most shaped your life?
- What were five of the most joyous moments of your life, and which are you most proud of?
- What qualities do you have that you feel have aided in your success and helped you deal with hard times?

[illegible]

...♥ Finances ♥...

Things to consider:

- Do you have any concerns about your finances right now?
- How do you feel about your ability to financially contribute to help your family despite your illness?
- Are there specific areas of your finances you would like to work on?

[illegible]

...♥ Family Relationships ♥...

Things to consider:

- 🍷 Did you have parental figures in your life? Why did you look up to them?
- 🍷 Are there people in your life that you feel you can always count on (cousins, friends, aunts, uncles)?
- 🍷 What were the special and memorable moments in your life?
- 🍷 Are there any habits or mannerisms that you have adopted from the significant people in your life (e.g., always wearing a necklace like your grandma did, only wearing black socks like your father did, believing all people have good in them like your mother did)?
- 🍷 What do you remember most about your parental figure(s)?
- 🍷 What do you think was important to them?

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...♥ Relationships Stories ♥...

Things to consider:

- 🍷 How did you meet your best friend?
- 🍷 How did you meet your significant other?
- 🍷 If you have a child or children, describe their birth.
- 🍷 Describe your most important relationship.

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...♥ Traditions ♥...

Things to consider:

- 🍃 How were holidays and special occasions celebrated?
- 🍃 Do you have any special traditions?
- 🍃 Have any recipes been passed down to you by family members? Add the recipe.
- 🍃 Describe a typical celebratory dinner.

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...♥ Your Child/Children ♥...

Things to consider:

- 🍓 What message do you have for your child(ren) that you want them to always keep in mind?
- 🍓 What three words best represent your approach to parenting and why?
- 🍓 When you think about your child(ren), how would you describe them?

[illegible]

...♥ Pets ♥...

Things to consider:

- Have arrangements been made for your pet(s) as part of your end-of-life planning?
- Tell us about your pet(s).
- If you have lost a beloved pet(s), what do you miss most about them?

[illegible]

...♥ Pets ♥...

Just this Side of Heaven is a Place Called Rainbow Bridge

By Author Unknown

*When an animal dies, that has been especially close to someone here,
that pet goes to Rainbow Bridge. There are meadows and hills for all of
our special friends so they can run and play together. There is plenty
of food, water and sunshine, and our friends are warm and comfortable.*

*All the animals who have been ill and old are restored to health and vigor.
Those who were hurt or maimed are made whole and strong again,
just as we remember them in our dreams of days and times gone by.
The animals are happy and content, except for one small thing;
they each miss someone very special to them, who had to be left behind.*

*They all run and play together, but the day comes when one
suddenly stops and looks into the distance. His bright eyes are intent.
His eager body quivers. Suddenly he begins to run from the group,
flying over the green grass, his legs carrying him faster and faster.*

*You have been spotted, and when you and your special friend finally
meet, you cling together in joyous reunion, never to be parted again.
The happy kisses rain upon your face; your hands again caress
the beloved head, and you look once more into the trusting eyes of
your pet, so long gone from your life but never absent from your heart.*

Then you cross Rainbow Bridge together...



...♥ Stories Your Family May Not Know ♥...

Things to consider:

- 🍷 Are there any specific physical characteristics that run in your family?
- 🍷 What is the history/meaning behind your family's last name?
- 🍷 Do you have a family crest?
- 🍷 Were you ever scared to be a parent? If so, why?
- 🍷 What were the three best decisions you've ever made?
- 🍷 When you think about your partner(s), how would you describe them?

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...♥ Relationship Dynamic Chart ♥...

Reviewing the people in your life and how they will impact your dying

As you engage with this guidebook, you are invited to build a “picture” of your family – this is known as a genogram.

A genogram is a pictorial display of your family relationships (family is defined as anyone you choose to see as your family). It is a visual representation of family generations selected and displays chosen relationships with your loved ones. In that way, it goes beyond what you might remember seeing as a traditional family tree by allowing you to visualize hereditary patterns and factors that impact relationships.

Creating a genogram can assist in reflecting on the most important relationships within your life. A legend can be used to help define the relationships and behavioral patterns of the loved ones that have helped to build the person you are today. Please see the example below:



...♥ Your Genogram ♥...



..♥ Spirituality/Faith ♥..

Things to consider:

- 🍷 How has your child(ren) been included in your journey?
- 🍷 How can we support and respect everyone's participation preference/style?
- 🍷 What are you most thankful for?
- 🍷 Tell us about your beliefs and doubts.
- 🍷 What do you think the world needs more of right now?
- 🍷 Share your thoughts about what you are currently experiencing. (e.g., that I am not dealing with my grief/that my loved ones are not dealing with what is happening.).

[illegible]

Creating Your Space for Dying



Legacy



...♥ Legacy ♥...

Things to consider:

- 🍃 What three words best describe who you tried to be in life, and how you want to be remembered?
- 🍃 What personality traits bring you the most joy and warmth?
- 🍃 Are there any mental, spiritual, emotional, or practical aspects of your legacy that you want to tell people about?
- 🍃 What message would you like to share with your family?
- 🍃 If your parent(s) had a message for you and your grandchild(ren), what do you think it would be?
- 🍃 How can we further support your loved ones and pet(s)?

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...♥ Legacy ♥...

Things to consider:

- 🍷 Which of the following milestones would you like to celebrate?
 - A loved one's financial independence.
 - A special someone moving away from home
 - A higher education achievement
 - A new union, parenthood, adoption, pet ownership
 - Long-lasting friendships (e.g. childhood, higher education, work, common interest group(s))
- 🍷 Have you identified what you would like to have as your legacy, and how do you feel about it?

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Pick Up the Kettle and Not the Phone



...♥ **Pick Up the Kettle and Not the Phone** ♥...

The Dash

By Linda Ellis

*I read of a man who stood to speak at the funeral of a friend.
He referred to the dates on the tombstone from the beginning... to the end.*

*He noted that first came the date of birth and spoke of the following date with
tears, but he said what mattered most of all was the dash between those years.*

*For that dash represents all the time they spent alive on earth and
now only those who loved them know what that little line is worth.*

*For it matters not, how much we own, the cars... the house... the cash.
What matters is how we live and love and how we spend our dash.*

*So think about this long and hard; are there things you'd like to change?
For you never know how much time is left that still can be rearranged.*

*To be less quick to anger and show appreciation more and love
the people in our lives like we've never loved before.*

*If we treat each other with respect and more often wear a smile...
remembering that this special dash might only last a little while.*

*So when your eulogy is being read, with your life's actions to rehash,
would you be proud of the things they say about how you lived your dash?*

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We invite you to share the poem. Please include this credit line:
By Linda Ellis, Copyright © 2020 Inspire Kindness, thedashpoem.com



Home Hospice Association

...♥ Pick Up the Kettle and Not the Phone ♥...

In the moments after your death your loved ones may feel the weight of what needs to be done next to honor your wishes. It is important for them to pause, reflect, and take some time to spend with family and friends. Below are details the family may need for next steps:

Contact Details of the Funeral Home

♥ Name

♥ Funeral Director

♥ Phone Number

♥ Email Address

♥ Address



...♥ Funeral Home ♥...

🍃 Funeral home considerations:

- The route between where your bed is and the door you will leave from.
- Who, of your loved ones, may witness your body leaving your home?
- Who, of your loved ones, may wish to assist the funeral home at the time you will be leaving your home?

🍃 Personal items to consider:

- Clothing and undergarments
- Shoes and socks
- Glasses (if applicable)
- Dentures (if applicable)
- Jewelry — Are there any unique heirlooms that have been passed down in the family or other jewelry that you would like to wear?
- A recent photograph that shows your hairstyle/cosmetics use
- A photograph to be used with your online obituary
- 25–40 photographs for a life story memorial video

🍃 Information the funeral home would need:

- Social Insurance number
- Date of birth
- Legal address
- Spouse's full name (including maiden name) and your wedding date (if applicable)
- Parents' full names and birthplaces (including mother's maiden name)
- Names of schools and employers
- Name of your primary care physician
- Names of surviving relatives (children, siblings, grandchildren, or others)

🍃 Paperwork to collect: (if applicable)

- Life insurance policies
- Cemetery paperwork
- Funeral prearrangement paperwork
- Do you have a will, and an Executor? Does the Executor have easy access to the information, documents they will need?

🍃 Items you would like to be brought to the funeral home later:

- Items for the memory table(s) (e.g., framed photos, memorabilia, awards, crafts, etc.)



...♥ Pick Up the Kettle ♥...
and Not the Phone

Funeral/Memorial Service Details:

- 🍂 Music
- 🍂 Readings
- 🍂 Pallbearers
- 🍂 Who would you like to speak at your memorial?
- 🍂 Would you like to write your obituary? What photo(s) do you wish to be used?
- 🍂 Summary of what you have arranged at the funeral home
- 🍂 Burial or cremation?
- 🍂 Casket or urn? (details)
- 🍂 Outfit/other information — jewelry, cosmetics, nail polish, shoes, etc.
- 🍂 Would you like access to a spiritual leader or priest?

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