

Medical Wishes Conversation Starter

This worksheet is not a legal document. Use it to prepare conversations with loved ones, healthcare professionals, or an attorney.

Important: This worksheet is for general educational purposes only. It is not medical advice, diagnosis, or treatment. Talk with a qualified healthcare professional about your personal situation. If you may be having a medical emergency, call 911 or your local emergency number.

People I trust to help with medical decisions

Name	Relationship	Phone

What matters most to me

- | | |
|--|---|
| ☐ Comfort | ☐ Trying all reasonable treatments |
| ☐ Time with family | ☐ Pain control |
| ☐ Independence | ☐ Mental clarity |
| ☐ Being at home if possible | ☐ Religious or personal values |
| ☐ Avoiding certain treatments | ☐ Other |

Questions I want to discuss

- ☐ Who should speak for me if I cannot speak for myself?
- ☐ What treatments would I want or not want in a serious illness?
- ☐ What does quality of life mean to me?
- ☐ Where would I prefer to receive care if choices are available?
- ☐ Who should have copies of my documents?

Notes for family or care team

Preferences, concerns, values, or instructions to discuss

Next steps

- ☐ Talk with family or trusted decision-maker.
- ☐ Talk with my healthcare provider.
- ☐ Review state-specific advance directive forms.
- ☐ Consider speaking with an attorney if needed.
- ☐ Store completed documents where they can be found.