



# **“MY WISHES”**

## **A SIMPLE, INNOVATIVE RESIDENT SURVEY TOOL FOR END-OF-LIFE WISHES**

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## My Wishes

- How can we provide excellent care to our residents at the end of their lives when we are unsure of their wishes?
- My Wishes uses 10 cards, with straight-forward language familiar to most residents, to encourage non-threatening discussions about what is most important to them as they journey through the long term care experience and the end of life trajectory within it.
- Residents are given the opportunity to sort through the 10 cards and prioritize them based on their own values and beliefs.



## Residents 10 Choices for “My Wishes”

1. To have family and or friends with me in the last hours of my life.
2. To be free from pain.
3. To know my diagnosis or health ailments and how my body will change.
4. To participate in any and all decisions related to my care.
5. To have my cultural, spiritual and religious needs met.
6. To have an advocate who knows my values and wishes.
7. To have a health team I trust and feel comfortable with.
8. To die at home (in LTC home).
9. To do some legacy work with my loved ones (scrap booking, letters, life story, etc.).
10. To be able talk about what death means and to have someone to listen to me.



## Highlights

- The “My Wishes” process is currently being incorporated into Extendicare’s new National policy on Advance Care Planning. This will support the alignment of the resident wishes on admission with the advance care planning process.
- Communication between families, residents and staff has been strengthened and difficult discussions are happening early in the illness trajectory ensuring resident wishes are honored.
- As evidenced by letters and feedback received from our pilot homes, the quality of life of residents has improved and residents, families and staff feel empowered.