

HEARTSTONE LIFE COACHING
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Aging impacts everyone. Aging has no regard for preferences, desires, or wishes. The single most important factor may be; how you think and act about aging. Are you planning for yourself or another's transition into aging.? Are you currently in crisis managing decision making surrounding an elder aging issue? Planning and care begins with questions that can guide the process. Be open, be curious. Be as Specific as possible.

Here are 6 key areas that can **start the conversations** to assist in your journey.

Personal Values: *What are the most important things that define you: Hobbies, food choices, religion/spiritual & cultural preferences, family & friends, arts, music, and social/physical activities.*

What are my beliefs

What makes me feel comfortable

Legacy of Values: *How do you wish to be remembered : creating and sharing the story of "You".*

What are your life's greatest lessons

What are you most proud of

My goals for the future are

Nuts and Bolts considerations: *How and where do I wish to live or what are alternatives*

What defines home to me

If I require help, I would like

Who are my support people

What are my experiences with assisted or skilled care homes

Where are my important documents and who has access to them

Health & Well being: *Includes your physical, emotional, and psychological needs, medical diagnoses, medications, therapies, and assistive device needs.*

What are my nutritional needs and what supports exist to meet them

What assistance might I need

How will I get around if transportation becomes an issue

What community resources exist for support

I enjoy the following physical and social activities

One step I could take to improve my overall health is

Who supports me when I need to talk about a situation or concern

Health Care decisions: *Planning a supportive team to meet your goals and wishes.*

Who do I trust to make healthcare decisions for me if needed

What are my thoughts on end of life care, palliative & hospice care

Have I completed a POLST &/or a 5 wishes document

Have I discussed my wishes with my family & support people

Financial Considerations: *Planning and discovery reduces stress.*

What will it cost to maintain current standard of living.

What are my resources for services and support in event of crisis

Have I considered or planned final expenses

Do I have a current will, or a plan to distribute my resources

Who will make financial & legal decisions for me if needed.