



Netwerk
Palliatieve Zorg

Roosendaal, Bergen op Zoom, Tholen

What I want to say...

— in my final stage of life



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Tip:

Take this wish booklet with you when you talk to your counselor or healthcare provider.

Created through collaboration between the Palliative Care Network and Bravis Hospital.



Why this wish booklet?

We want our care to fit as closely as possible with what matters to you. From experience, we know it helps to talk with your care provider and loved ones about your wishes: what you want, but also what you do not want. This booklet helps you do that. Wishes are more likely to come true when they are written down.

In this booklet, you can [together] write down what is important to you and what you have agreed upon with your care providers and loved ones. On the website of Netwerk Palliatieve Zorg you will find more information:
www.netwerkpalliatievezorgbt.nl



More information? Scan the QR-code or visit www.netwerkpalliatievezorgbt.nl/patienten-en-naasten

Personal information

Name

Phone number

Other details

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Important people

Loved ones

Name

Relationship (family, friend, other)

Phone number

Name

Relationship (family, friend, other)

Phone number

These person(s) are my legal representative(s)

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Tip:

Discuss the resilience and capacity of your loved ones together

Important documents

Important documents

I have an advance directive or treatment policy Yes No

I have an euthanasia declaration Yes No

I am an organ donor Yes No

Other

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Looking for more information about documenting your wishes?
Scan the QR-code or visit www.thuisarts.nl/wensen-voor-zorg-en-behandeling

Phone numbers

Function

Name

Phone number

General practitioner

GP out-of-hours service

Home care

Specialized nurse /
case manager

Medical specialist

Emergency department

Other numbers

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How I view life at this moment

What do I find important?

Thinking now about what matters to you. Such as hobbies, social contacts, or meaning—helps you maintain control when these things no longer come naturally. It helps you know what you value and what you want to make an effort for.

Explanation

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When it comes to meaning and well-being, it is important to me to...

- look back on my life
- make the most of life
- continue hobbies
- travel
- help others
- social activities
- focus on what I can still do
- have enough time for myself
- pray or meditate
- be able to talk about things

What do you think is important?

- Which daily activities make you feel good?
- Which activities or tasks give you energy?
- What are you proud of?
- What do you find very tiring?
- What did you enjoy doing as a child?
- Which things do you do effortlessly?



Explanation

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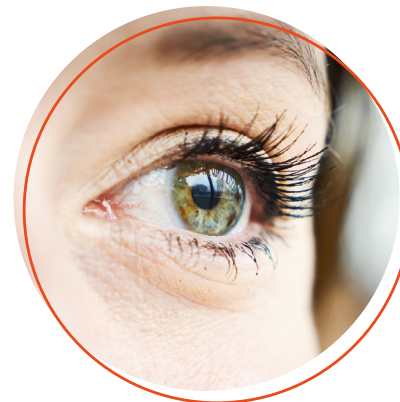
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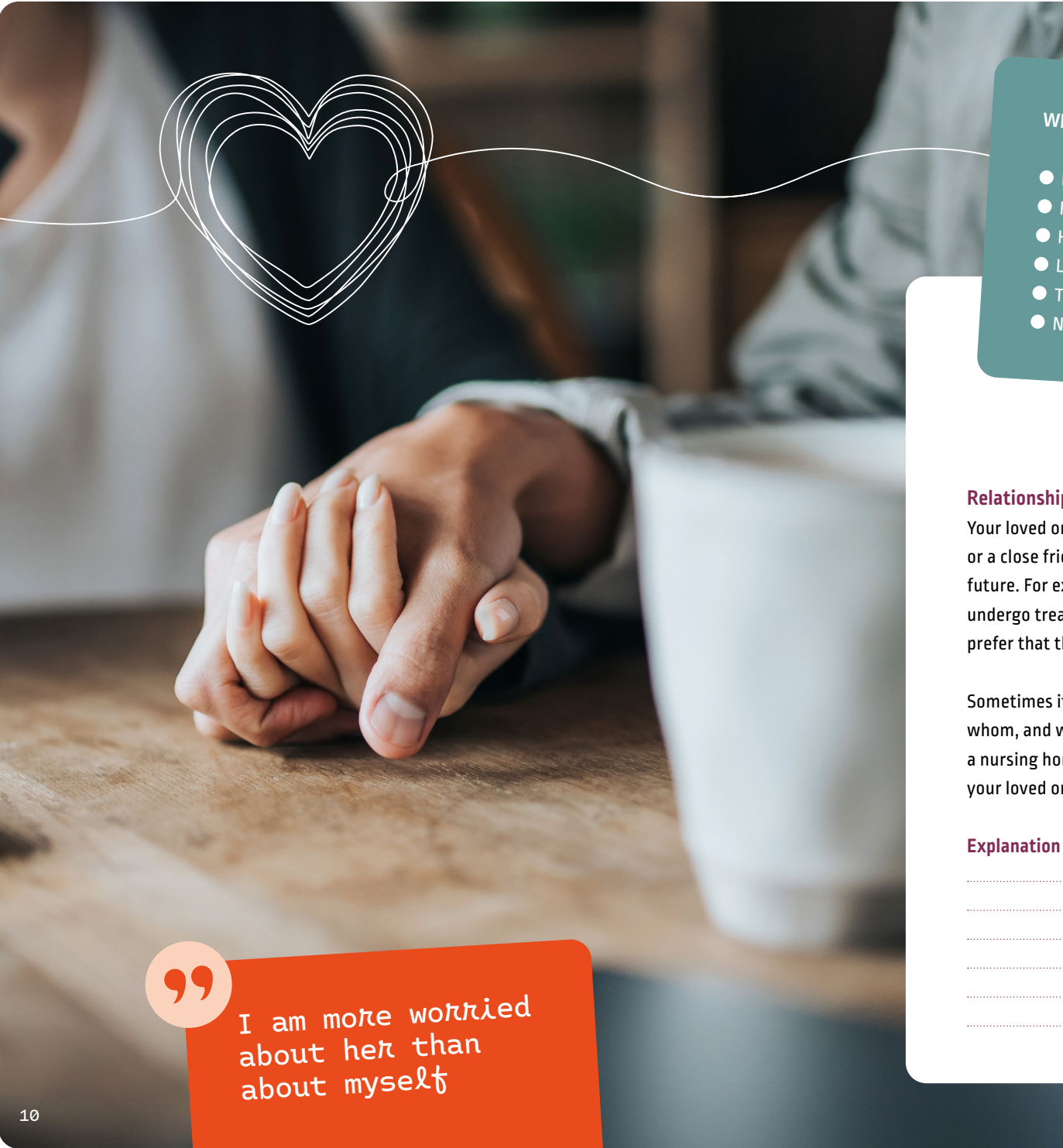
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I am more worried about her than about myself

What I find important in relation to others



- Having someone who stands up for my values and priorities
- Recording what I want to leave to whom
- Having someone who is willing to listen to me
- Living close to my loved ones
- That my loved ones know what I want in my final stage of life
- Not being a burden to others

Relationship with loved ones

Your loved ones are undoubtedly important to you, whether that's a partner, children or a close friend. It's a good idea to also have a conversation with them about the future. For example, do they know what matters most to you if you need care or undergo treatment? Do you have expectations of your loved ones? Or would you prefer that they do not take on a caregiving role?

Sometimes it's helpful to put things in writing, such as what you want to leave to whom, and who you would like to be your contact person if you become ill or move to a nursing home. Thinking about these matters in advance can help prevent you and your loved ones from having to make difficult decisions together in (urgent) situations.

Explanation

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What I find important in care and treatment

- Consistent caregivers
- Clear contact person
- Being well-informed
- Freedom of choice
- Own control
- Shared decision-making
- Ability to change preferences
- Otherwise, namely:

Explanation

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It can be difficult to make choices about future situations. After all, you don't know what will happen or how you will feel at that time. Which situations do you think, right now, you absolutely do not want?

- Hospital admission
- ICU admission
- Nursing home admission
- Resuscitation
- Otherwise, namely:
- Antibiotics
- Conscious stopping of eating & drinking
- Tube feeding

How can I feel better even though I won't get better?

Who or what gives me support?

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How can my loved ones support me?

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What would I still like to do?

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Where do I draw strength from?

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Tip: Download the booklet about treatment wishes and boundaries



Scan the QR-code or visit www.patientenfederatie.nl/downloads/brochures/152-praten-over-behandelwensen-en-behandelgrenzen/file

My farewell



Where do I want to be laid out?

- At home
- In the care facility where I live
- No preference, my loved ones may decide
- Otherwise, namely:
- I do not want to be laid out
- In a funeral home

How do I want to be laid out?

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It's good to talk about this early.
Now you can take the time to think it
through together.



What do I still want to arrange?



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Think of:

- ☑ Religion or spirituality
- ☑ Body donation to science
- ☑ Funeral director
- ☑ Location
- ☑ Guests
- ☑ Music
- ☑ Texts
- ☑ Clothing
- ☑ Conversation with...

Glossary

Advance Care Planning (ACP)

Thinking ahead about wishes, goals, and preferences for future care and treatment.

Treatment limits

Indicating which care or treatment should not be performed or under what conditions.

Conscious Stopping of Eating and Drinking (BSTED)

A deliberate choice to stop eating and drinking to end life.

Euthanasia declaration

A written statement of when you would want a doctor to help you die.

Hospice

A homelike facility providing terminal care when life expectancy is less than 3 months.

Netwerk Palliatieve Zorg

Each region has a palliative care network. This is a collaborative partnership of care providers who deliver palliative care.

Organ donor

Someone who donates organs or tissues after death.

Do-not-resuscitate declaration

Indicates you do not want resuscitation in case of cardiac arrest.

Palliative sedation

Lowering consciousness with medication to relieve suffering in the last stage of life.

Palliative care

Care focused on reducing symptoms and improving quality of life when illness is incurable.

Terminal care

Care when life expectancy is a few weeks to 3 months.

Advance directive

A written statement of your wishes for care and treatment when you can no longer decide.



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