



MY PERSONAL COMFORT PLAN

A planning tool to help bring physical, emotional and spiritual comfort through illness and your final months and moments

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What is a Personal Comfort Plan?

Creating a Personal Comfort Plan is an important part of living with illness and preparing for dying and death. As you create your Plan, you will ask yourself:

- *What do I need to feel like myself during this time of uncertainty? And,*
- *How can I find comfort, peace and even joy through my illness and in my final months and moments?*



You'll identify ways to draw near that which you hold dear, to soften your fears and to live as comfortably as possible.

Why Should I Create a Personal Comfort Plan?

Enhancing your comfort may reduce pain and suffering and offer you a greater sense of control over your illness or dying process, allowing you to live with intention and meet death with mindfulness.

Your finished Personal Comfort Plan will be a guide for your loved ones, telling them how to bring you solace and giving them something tangible to do. Your Plan isn't meant to be an exhaustive list of instructions. Rather, it's an opportunity to explore your comfort wishes with your loved ones so they understand what is important to you.

Comfort Tip

This is important work. Take a moment to appreciate the gift you're giving yourself and your loved ones by completing this Plan!



These *Instructions* (pgs. 2–8) will show you how to make your Personal Comfort Plan using the *Worksheets* (pgs. 9–24) to record your comfort wishes.

Let's get started.



What are Personal Comfort Wishes?

Personal comfort wishes are things you and your loved ones can do to bring yourselves comfort through illness, the dying process and death. Comfort wishes reflect what is important to you. They tend to your physical, emotional and spiritual needs, including:

1. Comfort for Your Body

e.g. preparing a meal that reminds you of fond memories

2. Your Environment

e.g. playing your favourite music and the smell of lavender

3. Readings and Rituals

e.g. reading a poem that lifts your spirits

4. Complementary Therapies

e.g. a foot massage or Healing Touch therapy

5. Who You Want with You

e.g. surrounded by lots of family and friends

6. How You Want to be Treated

e.g. told what is happening even if you can't respond

7. Things You'd Like to Avoid

e.g. people using their smartphones while visiting

Your Personal Comfort Plan is NOT legally binding. It does NOT define the medical care you would like or how you would like your body cared for after death.



What Other Planning Should I Think About?

Planning for personal comfort is one part of preparing for illness and end-of-life. Here are other ways to ensure your wishes are met and your loved ones supported:

Advance Care Planning

Define the medical care you would want if you couldn't make decisions for yourself.

Estate Planning

Make a plan and name who you want to receive your things after you die. Includes financial planning.

After Death Planning

Decide how you want your body cared for and plan your funeral/ceremony.

Legacy Planning

What feels unfinished?
What wisdom do you want to leave for your loved ones and community?



How Does a Personal Comfort Plan Fit with Other Types of Care?

There are different types of care available through your illness and end-of-life. The following types of care are directed by medical professionals:

- **Curative Treatment:** medicines and medical treatment to help cure your disease or to try to extend your life.
- **Palliative Care:** care to prevent and relieve pain and suffering. This may include medicines and treatments to improve your quality of life.

You can receive curative treatment AND palliative care at the same time.



Your Personal Comfort Plan will complement your palliative care, as both aim to reduce suffering and improve your quality of life. The difference is, generally, you don't need a prescription or doctor's orders to enact your personal comfort wishes. You, a loved one, a volunteer or health care provider can do these things in your home, hospital, hospice or residential care facility.

Comfort Tip
Talk with your healthcare provider as soon as possible about palliative care. People who receive palliative care earlier tend to live more comfortably and longer than people who wait until death is near to receive palliative care.



NOTE: Some hospitals and care facilities have policies that may limit certain personal comfort wishes (like no scents). Talk with your healthcare provider or an end-of-life doula who is familiar with that setting to find ways to follow the rules and meet your wishes.



Who Should Make a Personal Comfort Plan?

It's never too early or too late to explore ways to bring yourself comfort. Make a Personal Comfort Plan if you:

- *Are healthy and want to plan ahead or start a conversation about your comfort wishes*
- *Have a serious or life-limiting illness and are receiving curative treatment (e.g. chemo therapy, surgery, dialysis)*
- *Have a serious or life-limiting illness and have stopped curative treatment (e.g. you are focusing on palliative care and allowing a natural death or preparing for a medically assisted death)*
- *Are nearing end-of-life*



How Can Making a Personal Comfort Plan Help My Loved Ones?

When a health crisis hits, loved ones can feel helpless, especially if they live apart from you. They yearn for a way to help. Loved ones need direction because without a clear understanding of your wishes, what they believe is helpful may be anything but. Your Personal Comfort Plan will be their anchor in the storm: the gift of certainty and purpose. Giving them direction and comforting *them* as they care for you.

Comfort Tip

Funeral Directors can be a source of compassion and support. Many have a deep understanding of what families need during this difficult time and can offer planning support for the dying process and after death care.



The Dying Process

As our bodies prepare for death, our physical, emotional and spiritual needs change. Understanding the dying process can help you write comfort wishes that reflect your changing needs. The information presented here is general information. Speak with your healthcare provider to understand your specific circumstances.



Final Months

- Different physical and mental capacities depending on the person's illness.
- May have outpatient treatment or be admitted to hospital for care.
- May have a family caregiver and community nursing in the home or move to a residential care facility or respite care.

Examples of Personal Comfort Wishes: A living wake, my favourite foods, spend time in nature.

Comfort Tip

Death is normal and natural. These changes may be distressing to witness, but when met with care and understanding, can be peaceful transitions for a graceful exit.



Final Weeks

- Waning interest in things that were once meaningful like hobbies, reading the news and personal grooming.
- Takes greater effort to concentrate and hold a conversation.
- Fatigue. Fewer and shorter awake periods.
- With growing weakness, movement becomes more difficult. People may wish to stay in bed.
- Loss of appetite and difficulty swallowing and drinking.

Examples of Personal Comfort Wishes: Special belongings like photos and a cherished family quilt, fewer visitors, create an altar to focus our energy and honour my life, Reiki therapy.



Final Days

- Withdrawal from the external world. People may appear to be in a deep sleep or “coma,” though they can likely hear and sense their surroundings, even if they don’t respond.
- Confusion. People may not recognize their loved ones or understand where they are.
- Agitation. People may feel the need to move or “do” something.
- Changes in breathing like a “rattling” sound from fluid in lungs and pauses in breathing.



*Examples of Personal Comfort Wishes:
Soft lighting, loved ones sitting peacefully with me, meeting with a spiritual advisor, bedside singers.*

How Can an End-of-Life Doula Help?

An end-of-life or death doula (*pronounced DOO-luh*) is a professional trained in end-of-life care who offers comfort, information and guidance to people through illness, dying and death.

A doula can help you:

- Put your affairs in order
- Make your after death plans including care for your body, ceremony/funeral
- Soften your fears using visualization and other approaches
- Define your legacy: what do you wish to leave for your loved ones, your community, the planet?
- Offer information and guidance to help you and your loved ones understand the physical and emotional dying process
- Sit quietly, peacefully at your bedside during the final hours of your life (vigiling). Support your loved ones as they vigil with you

Doulas never replace loved ones who are a part of your circle of support. Instead, doulas help loved ones be fully present for what matters most: quality time together.



How to Make Your Personal Comfort Plan

1. Use the **Worksheets** to make your Personal Comfort Plan. Write your name and the date at the top of the next page.
2. Read *What to Think About* in each section for things to consider.
3. Think about where you may be receiving care and dying (e.g. hospital, home, residential care facility, etc.). Your wishes may change depending on where you are. Plan for your location of choice. Also consider what your wishes might be if you were in other locations.
4. Check and/or circle the personal comfort wishes you would like.
5. Write specific instructions and details in the space provided. Add any wishes that are missing.
6. Share a copy of your Plan with your loved ones and discuss your wishes. Some ideas for how to start the conversation:
 - *Share a meal or go for a walk as you discuss your wishes.*
 - *Talk about one of your wishes e.g. "I've been thinking about what brings me comfort when I'm not feeling well..."*
 - *Be direct. "I've filled out a checklist and there are some things I'll need your help with."*
7. Keep your Personal Comfort Plan in a visible place so your loved ones and healthcare providers can refer to it (i.e. next to the fridge, on the front hall table, at your bedside). Take your Plan with you if you go to the ER or are admitted to hospital, residential care or a hospice.
8. Review your Personal Comfort Plan when your wishes or your health changes. Destroy the old Plan (and any copies you shared).



Comfort Tip

Share your Personal Comfort Plan with your healthcare providers. It's a great way to build a positive relationship and to tell them what's important to you.



My Personal Comfort Plan



Name

Date

Please use these instructions for my personal comfort. Include me in decisions about my personal comfort to the extent that I am able. I may change my instructions and wishes at any time.

How to Use This Plan

A Note to Family, Friends, Healthcare Providers and Palliative Care Volunteers



Caring for and visiting with someone who is sick or dying can be an emotional experience. You may wonder, *How can I help? How can I relieve their suffering?* It's normal to be unsure of what to say or do.

Your loved one has prepared this plan to guide you. In it you'll find ways to increase their physical, emotional and spiritual comfort. You'll understand how they want to be treated as well as things to avoid.

Caring for the Caregiver

It's normal to need your own support when you are caring for a loved one who is sick or dying. Your job is an important one and you deserve comfort too. Please contact a local end-of-life doula or Chelsea at CircleSpace to learn more about helpful resources and services in your community.

Your loved one may ask for help enacting their wishes. You may also read this Plan and initiate their wishes, yourself. Whenever possible, ask your loved one what they would like and get their consent. Your loved one may change their mind and their wishes at any time.



1. Comfort for My Body

What to Think About

Tending to your physical comfort can help you feel like yourself, especially in new and unfamiliar circumstances. Consider different locations when defining your physical comfort wishes. For example, 70% of people wish to die at home, but only 18% do. Many people go to the emergency room in their final months and weeks. Others go to a hospice facility or residential care. Each of these locations has their own rules and options to consider.

Comfort Kit

Create a “comfort kit:” a travel bag filled with items that can bring you comfort if you are admitted to ER or hospital. For example, consider a gurney in a noisy hallway. What items would help you feel calm? Ear plugs and a sleep visor to reduce light and sound. A special shawl that smells like home to wrap over your hospital gown. A bean bag heated in the cafeteria microwave and placed at your feet. A pen and paper to take notes. Don’t bring anything that cannot be replaced or ask a loved one to take important items when they leave after a visit.

Changing Needs

How might your physical comfort needs change as your illness progresses? For example, bathing and personal grooming take energy. You may wish for sponge baths or nothing at all, as you near death. For some people, there’s one thing they want, no matter the circumstances, like a special lipstick or hairstyle. Perhaps a special food brings you comfort. As death nears, appetite wanes and swallowing becomes difficult. A simple taste can summon comforting memories, rather than a full meal.

“Let there be an opening into the quiet that lies beneath the chaos, where you find the peace you did not think possible and see what shimmers within the storm.”

JOHN O'DONOHUE



COMFORT FOR MY BODY

Check and/or circle the personal comfort wishes you would like. Write specific instructions and details in the space provided. Add any wishes that are missing.

- | | |
|---|--|
| <input type="checkbox"/> Sponge bath/cleaned with washcloth | <input type="checkbox"/> Make-up applied |
| <input type="checkbox"/> Showers/baths | <input type="checkbox"/> Special foods or drinks (<i>which ones?</i>) |
| <input type="checkbox"/> Brushing teeth/denture & mouth care | <input type="checkbox"/> Humidifier in room |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> My personal bedding and pillow |
| <input type="checkbox"/> Shaving/personal grooming/plucking hairs (<i>where?</i>) _____ | <input type="checkbox"/> My personal sleepwear, slippers |
| <input type="checkbox"/> Combing hair | <input type="checkbox"/> Ear plugs and sleep visor |
| <input type="checkbox"/> Dry shampoo | <input type="checkbox"/> Warm bean bag |
| <input type="checkbox"/> Hair washed | <input type="checkbox"/> Special shawl, sweater or clothing |
| <input type="checkbox"/> Hair styled | <input type="checkbox"/> Holding or stroking my hands or arms |
| <input type="checkbox"/> Skin moisturizer applied | <input type="checkbox"/> Rubbing my feet or legs |
| <input type="checkbox"/> Basic foot care | <input type="checkbox"/> How/where I don't want to be touched:
_____ |
| <input type="checkbox"/> Nails styled (<i>polish/no polish</i>) | _____ |

Other/Special Instructions:



2. My Environment

What to Think About

It is important to feel a sense of control over your environment when you are feeling ill and vulnerable. Dim lights, soothing sounds, privacy and familiar smells among other things can reduce stress, encourage serenity during treatment and aid a peaceful passing.

Controlling your environment can be difficult in a setting like a hospital. Try thinking about the small space you do have some control over: your body and your bed. Here are some examples:

- *If pleasing smells calm you, try placing a few drops of your favourite essential oil on a warm, damp washcloth. Breathe in the scent or lay the washcloth across your forehead.*
- *Tape copies of family photos to the footboard of your bed.*
- *Bring battery operated candles for a soothing ambiance.*
- *Use a smartphone with music, meditations or audiobooks to block out noise and focus your energy. Remember your headphones.*
- *A potted plant, cedar boughs, small pieces of drift wood or special rocks, even a picture of your favourite outdoor space, can inspire awe and ground you in the power of nature.*

“I felt my lungs inflate with the onrush of scenery—air, mountains, trees, people. I thought, “This is what it is to be happy.”

SYLVIA PLATH



MY ENVIRONMENT

Check and/or circle the personal comfort wishes you would like. Write specific instructions and details in the space provided. Add any wishes that are missing.

- Music (which songs, albums or artists? When would you like it played?)
- Nature sounds
- White noise
- Bedside singers
- Loved ones singing to/with me (which songs?)
- Quiet
- Plants and flowers
- Other items from nature (which ones?)
- Essential oils (diffuser, room spray, on a washcloth. Which scents?)
- No scents
- Soft lighting or candles
- An open window for fresh air
- Special belongings like family photos, trinkets etc. (which ones?)
- Burning sage or smudging
- Holy or spiritually meaningful objects
- Chanting, drumming
- Take me outside (is there a special place you like?)

Other/Special Instructions:



3. Readings and Rituals

What to Think About

Rituals are mindful, intentional actions that help you and your loved ones live in the moment and honour the changes that are happening. Rituals help us process grief and provide an anchor as you mark the final months and moments of your life.

Rituals can be as simple as sharing a special meal, taking a deep breath when you pass through a doorway, or vigiling (loved ones sitting quietly with you as you near death). Rituals may also be more elaborate events that involve music and readings.

Talk with your loved ones and advisors, like a spiritual counselor or end-of-life doula, to design rituals that reflect your uniqueness.



“Ritual is the passage way of the soul into the Infinite.”

ALGERNON BLACKWOOD



How do you create a ritual?

- **Do you have spiritual or faith traditions to inform a ritual?**

Like purifying waters, doing good deeds on behalf of the dying or anointing.

- **What are your worries? How might ritual help soften them?**

For example, if you are afraid of death, try a meditation or reading comforting poetry. Share it with loved ones to deepen your bonds.

- **Think about what’s important.**

Is easing your passage to “the other side” important? Call in your ancestors with prayer and music or have a loved one open a window to release your spirit after you’ve died.

- **How can ritual help loved ones?**

Light a candle as you sit with the person who is dying or as you are waiting for a phone call letting you know your loved one has died. After their death, have a moment of silence, then extinguish the candle to mark the end of your relationship as you’ve known it and the beginning of a new reality.



READINGS AND RITUALS

Check and/or circle the personal comfort wishes you would like. Write specific instructions and details in the space provided. Add any wishes that are missing.

- Spiritual/religious readings (*which ones? When do you want them read?*)
- Favourite books, poems or readings (*which ones? When do you want them read?*)
- Cards or notes from loved ones
- Sharing a special meal (*which foods?*)
- Living funeral/wake to celebrate my life before I die
- Performing good deeds in my name
- Purifying bath/waters or cleansing face with washcloth
- Making an offering to our grief, spirit guides or divine love
- Calling in ancestors to guide my way
- Creating an altar to honour my life or remind me of who I am
- Keeping vigil (*sitting peacefully with me*)
- Anointing
- Lighting a candle
- Opening a window to let out my spirit
- Last rites
- Stopping clocks at the moment of my death
- A specially designed ritual to ease my emotional and spiritual passing

Other/Special Instructions:



4. Complementary Therapies

What to Think About

Complementary therapies can decrease stress, relieve pain and improve quality of life. You may choose to use these therapies alongside curative medical treatments and with your palliative care. Here are some examples:

- **Acupuncture:** may improve chemo-therapy related nausea, insomnia and pain
- **Aromatherapy:** may improve anxiety, depression and sleep
- **Massage, Healing Touch, Reiki:** may relieve pain and muscle tension and promote relaxation
- **Music and Sound Therapy:** may elevate mood and reduce pain
- **Guided Meditation and Visualization:** may ease emotional, physical and spiritual pain
- **Pet Therapy:** may reduce blood pressure and increase comfort



Complementary care providers are fee-for-service members of your care team, though extended benefits may help pay. Hospice and palliative care facilities may also offer these therapies. Complementary care providers usually offer services in their own clinics. They may also do home visits or, with permission from your healthcare provider, offer treatment in hospice, hospital or a residential care facility.

Not sure where to start? An end-of-life doula can connect you with complementary care providers in your community.

Check with Your Healthcare Provider First

Some complementary therapies may not be right for you. For example, some herbal or traditional medicines may be dangerous when combined with prescription medications. Check with your healthcare provider before using complementary therapies.



COMPLEMENTARY THERAPIES

Check and/or circle the personal comfort wishes you would like. Write specific instructions and details in the space provided. Add any wishes that are missing.

CONSULT YOUR HEALTHCARE PROVIDER FIRST

- | | |
|---|---|
| <input type="checkbox"/> Aromatherapy
(any scents you don't like?) | <input type="checkbox"/> Herbal medicine |
| <input type="checkbox"/> Massage | <input type="checkbox"/> Visualization, guided meditation, hypnosis |
| <input type="checkbox"/> Healing Touch, Reiki | <input type="checkbox"/> Yoga/breathwork |
| <input type="checkbox"/> Acupuncture | <input type="checkbox"/> Pet therapy |
| <input type="checkbox"/> Craniosacral therapy | <input type="checkbox"/> Emotional and mental health support (counselling or cognitive behavioural therapy) |
| <input type="checkbox"/> Music therapy or sound healing | <input type="checkbox"/> Spiritual counselling |
| <input type="checkbox"/> Art therapy | |
| <input type="checkbox"/> Traditional medicines | |
| <input type="checkbox"/> Reflexology | |

Other/Special Instructions:

*“When you touch a body,
you touch the whole
person, the intellect, the
spirit, and the emotions.”*

JANE HARRINGTON



5. Who I Want With Me

What to Think About

Who you want with you through illness and end-of-life is a personal decision. Some people thrive surrounded by community while others prefer solitude. As with other wishes, your preferences can change as death nears. Some people appear to wait for a loved one to visit and then die shortly thereafter. Others who have been surrounded by the loving presence of their family, die in the brief moment they are left alone.

Difficulties can arise if your loved ones don't understand your wishes or if their expectations differ from yours. Start a conversation with your loved ones by reviewing this checklist. Try asking:

- *Would you like to be with me when I die? How do you imagine it?*
- *Who else do you imagine being there?*
- *Is there anyone you do not want there? How can we lovingly ensure they are not present?*



Comfort Tips

Managing communication and visits with family, friends and co-workers can be a complex and draining task for family caregivers. Try these tips to ease their responsibilities:

- Appoint a Key Point Person (KPP) to communicate with your community.
 - You/your loved one shares information with the KPP. The KPP then sends updates to your community.
 - A good KPP is organized and an empathetic communicator.
 - Prepare in advance a list of your loved ones' emails and phone numbers.
- Use online tools to coordinate visits and meal making. Try www.mealtrain.com, FamCal app, and Google Docs to create shared documents and schedules.



WHO I WANT WITH ME

Check and/or circle the personal comfort wishes you would like. Write specific instructions and details in the space provided. Add any wishes that are missing.

- | | |
|--|---|
| <input type="checkbox"/> Lots of family and friends | <input type="checkbox"/> My pet(s) |
| <input type="checkbox"/> Only my close circle of loved ones
(their names) | <input type="checkbox"/> Priest, prayer group or spiritual
advisor (name and contact info) |
| <input type="checkbox"/> Only 1 or 2 people at a time | <input type="checkbox"/> Hospice/Palliative Care volunteers |
| <input type="checkbox"/> Videocalls/phonecalls with loved
ones who are away | <input type="checkbox"/> End-of-Life doula (name and
contact info) |
| <input type="checkbox"/> Alone time/privacy | <input type="checkbox"/> Children |
| <input type="checkbox"/> A guest book for visitors to write
wishes, remembrances and notes of
love to me and my loved ones | <input type="checkbox"/> No children |
| <input type="checkbox"/> A key point person (KPP) to send
updates to my community | <input type="checkbox"/> People I do not want around (names):

_____ |

Other/Special Instructions:

“I have seen many die, surrounded by loved ones, and their last words were ‘I love you.’ There were some who could no longer speak yet with their eyes and soft smile left behind that same healing message. I have been in rooms where those who were dying made it feel like sacred ground.”

STEPHEN LEVINE



6. How I Want to be Treated

What to Think About

Some people faced with a serious illness want to speak about their eventual death and legacy. Others prefer to focus on everyday normal things. Maybe you want both?

How loved ones react to your illness will depend on your relationship and personalities. They may feel sadness, anger and even relief as your death nears. It's normal for people to not know what to say or do. Starting the conversation now will set the foundation for openness when the time comes.

*“You will not be alone.
You will feel no pain.
We will be ok.”*

JENNY HARRINGTON



How you want to be treated may change as dying progresses. For example, in the final days, dying can take a lot of energy. A low-stimuli environment can help everyone feel calm and peaceful. This may mean having heartfelt conversations and saying goodbyes when you are more alert, before death is near.

Comfort Tips

How you wish to be treated can change from day-to-day and moment-to-moment. Try writing on a whiteboard or creating a sign for your door that describes how you want to be treated that day. This “quick-look” information can help your visitors and healthcare providers understand how to interact with you. For example,

- *“I am tired today. I would love a quiet visit.
Please hold my hand and sit with me.”*
- *“Please keep the lights low and use soft voices. Only 1 visitor at a time.”*
- *“I don't feel much like talking but would love to hear what's going on with you.”*
- *“Let's reminisce. Ask me about favourite moments in my life.”*
- *“Please read my Personal Comfort Plan, located _____,
for ways to bring me comfort.”*



HOW I WANT TO BE TREATED

Check and/or circle the personal comfort wishes you would like. Write specific instructions and details in the space provided. Add any wishes that are missing.

- Speak to me/tell me what is happening, even if I can't respond
- Remind me of the place, time and who is with me
- Use soft voices and slow movements to avoid startling me
- Look for cues that I may be tired or need a rest
- Remind me that I am loved and will be remembered
- Thank me for the ways I touched your life
- Reminisce about favourite memories
- Read to me (*which books/articles*)
- No gifts, your presence is enough
- Match the pace of your breathing with mine for a calming presence
- Care for me with kindness, not sadness
- No need to talk all the time, I'm ok with silence
- Accept my reality when I share it with you. Don't talk me out of what I'm feeling, seeing or hearing
- Treat me like a whole person, not someone who is "dying"
- Take pictures/videos of me and my loved ones
- Ask before taking pictures/videos
- Lie next to me in bed (*who do you want/not want to do this?*)

Other/Special Instructions:



7. Things I'd Like to Avoid

What to Think About

People who are seriously ill or dying sometimes wish they had been a more authentic version of themselves. Two of the top five regrets of the dying are about having been true to oneself and having freely expressed one's feelings.

Now is the time to think about those little annoyances that might turn into big problems when you are on your death bed. Does a loved one call you by a nickname you'd prefer not to hear? Is there someone who always offers unsolicited advice? Would you prefer people to focus on you rather than looking at their phones? Now is the time for honest conversations about your wishes.

As you reflect on your bug-a-boos, consider your senses. Hearing, in particular, can be more attuned at end-of-life and is typically the last sense to go. Are there sounds you'd prefer not to hear? Tastes or flavours you absolutely do not want? It's your life (and death). Be honest.

"This above all: to thine own self be true."

SHAKESPEARE



THINGS I'D LIKE TO AVOID

Check and/or circle the personal comfort wishes you would like. Write specific instructions and details in the space provided. Add any wishes that are missing.

- | | |
|---|---|
| <input type="checkbox"/> Noises like ticking clocks, alarms and buzzers from machines, barking dogs | <input type="checkbox"/> Foods or flavours I don't like (which ones?) |
| <input type="checkbox"/> TV or radio | <input type="checkbox"/> Children playing in my room |
| <input type="checkbox"/> People using their smartphones | <input type="checkbox"/> Surprise/unscheduled visitors |
| <input type="checkbox"/> Strong scents (e.g. perfumes, stargazer lilies) | <input type="checkbox"/> Chatter in my room or in the hallway |

Other/Special Instructions:



SPECIAL NOTES

Use this space to write special notes to your loved ones or for more detailed instructions about your personal comfort wishes.

Try answering these questions:

- *What is most important to me?*
- *How do I envision my final months and moments?*
- *What do I want to say to my loved ones and caregivers?*



Other/Special Instructions:



“CircleSpace presents a warm and welcoming approach to expressing how we would like to be cared for in a time of serious illness or when our death is imminent.

This Personal Comfort Plan is an excellent tool for deepening discussions about end of life with the dying and their families.”

Nicola Finch, End-of-life and Natural Burial Advocate

“I know Chelsea to be a heart-centered and pragmatic support doula. The integrity of her work shines through this Plan. It is comprehensive and caring, and a significant support for me in my death planning.

Thank you Chelsea for your expertise and gentle approach.”

Shauna Janz, Sacred Grief

To order a copy of the Personal Comfort Plan Instructions and Workbook or for more information about our services, please visit:

www.circlespace.ca

About CircleSpace: Empowered End-of-Life Planning



Chelsea Peddle
End-of-Life Planner
and Death Doula

Our goal is to help you prepare for end-of-life so you can live in peace. We offer end-of-life planning workshops and death doula care for individuals and their loved ones.

For more information about our services, please visit:

www.circlespace.ca

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www.facebook.com/CircleSpaceCommunity