

# FIVE WISHES®

The Five Wishes document walks you through the five most important things to talk about when creating an advance care plan.

Wishes 1 and 2 deal with the basic components of an advance directive. Here is where you will designate a decision-maker and make your treatment preferences known.

## ***Wish 1 The Person I Want to Make Health Care Decisions for Me When I Can't Make Them for Myself***

This section allows you to appoint an agent who will make care and treatment decisions on your behalf if/when a physician finds you are no longer able to make them yourself.

## ***Wish 2 My Wish for the Kind of Medical Treatment I Want or Don't Want.***

This section is your living will. It lets you put in writing the kind of treatments you do and do not want should you become seriously ill or unable to communicate your preferences. This includes preferences for surgeries, tests, medicine and life-sustaining measures. Be sure to do your research and clearly communicate your choices with your loved ones and physician.

Wishes 3, 4 and 5 are what make *Five Wishes* different from all other advance directives. This section deals with issues of comfort, dignity and reconciliation.

## ***Wish 3 My Wish for How Comfortable I Want to Be.***

This section allows you to express your choices for types of care you would want. This section also allows you to express when and how you receive information about hospice care. Examples include: I wish for my pain to be managed, I wish to have warm blankets and clean sheets, I wish to have my favorite music played, I wish to have personal care such as shaving or nail clipping, etc.

## ***Wish 4 My Wish for How I Want People to Treat Me.***

Here is where you can let others know how to treat you and interact with you if you become seriously ill such as whether you would like visitors or your hand held, or whether you would like any religious readings or prayers. You can also state ways in which you do not want others to treat you, such as "please do not mourn for me while I am still alive" or "please do not bring up old feuds", etc.

## ***Wish 5 My Wish for What I Want My Loved Ones to Know.***

A truly unique part of *Five Wishes* that deals with "closure" matters. This section encourages you to express matters of deep importance such as allowing for forgiveness and offering love. This section also allows you to communicate practical matters such as memorial or burial preferences.

Many people get very creative in Wish 5.