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Navigating Family Conflict As I Age

PART 1

Tasks To Inform My Family

1. Who Am I? Full Legal Given Name? Birthplace? Maiden Name?
2. What Do I Have? Assets?
3. Who Do I Want To Have It? What Things Can Be Given Away Now? Can I Go Through Stuff With Family To Pick From?
4. Where Do I Want To Live? Retirement Living? Nursing Home?
5. How Do I Want To Be Cared For? Home Care? Palliative Care?
6. What Are My End Of Life Plans? Health Care Directives?
7. Who Will I Trust To Make My Decisions? Power Of Attorney? Executor?
8. Where Is My Legal Stuff Kept? Updated Will? Estate? Lawyer?
9. What Is My Medical Condition? Prescriptions? Treatments? Times? Doctor? Chiropractor? Dentist? Pharmacy?
10. Who Handles My Finances? Accountant (Tax)? Bank? Financial Planner? RRSP? Pension? Outstanding Debt Payment?
11. Who Are My Utility Companies? Cable? Landlord? Landline? Cell Phone? Security System? Insurance? Car Payments?
12. What Charities Are Set To Withdraw Monthly? Annually?
13. Where Are My Computer File Passwords Kept? USB backup? Cloud Storage? Social Media? Crypto?
14. Where Are My Other Network Of Supports? Clergy? Hair Stylist? Massage? Nail Technician? Car Mechanic?
15. How Do I Want To Be Remembered?
 - a. Funeral Home? Memorial Service? Cremation/Burial? Prepaid?
 - b. Notice & Obituary Information? Professional Designations? Societies? Committees? Leadership? Memories?
16. What Conflicts Need To Be Addressed?
17. What Phases Can I Make Plans For?
18. When Will I Inform My Family About My Wishes?
19. Where Is My List Of Extended Family To Notify?
20. What Else Does My Family Want And Need To Know?

“You can’t have a meaningful conversation with somebody when they’re on a respirator”



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PART 2

Tasks for Family / Caregivers

1. **What Are The Expectations For Providing Care? Daily? Weekly? Monthly?**
2. **What Is Possible? Can I Do It? Should I Do It?**
3. **What Tasks Can Be Done Remotely? In Person?**
4. **How Can Other Care Givers Support The Tasks?**
5. **Who Can Offer Services Not Considered? Home Care? Nursing Home?**
6. **What Mobility Aids Can Assist In Care?**
7. **What Phases Can I Help Implement?**
8. **How Can The Best Quality Of Life Be Retained For My Loved One?**
9. **How Can I Ensure Dignity Is Retained For My Loved One?**
10. **Would My Loved One Want To Live Like This In The Final Days?**
11. **What Supports Can I Use To Aid In My Own Journey Of Care Giving?**
12. **How Will I Distance Myself From Expectations? Saying No?**
13. **How Will I Separate My Relationship From My Role As Caregiver?
Memory Loss? Driving?**
14. **What Information Needs To Be Shared Once My Loved One Passes?**
15. **What Steps Need To Be Completed Regarding Estate Matters?**

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