**Activity: End-of-Life (EOL) Planning Self-Reflection Activity**

Purpose: Complete the Five Wishes pamphlet in MyClasses (filling in or writing in the answers). The Five Wishes pamphlet that is attached is just a sample version. I am asking that you still review it and answer all the questions. You will not turn in this document, but it will help you answer (thoughtfully) the following questions for this activity. I want you to complete it as if you are completing it for yourself. (What are your EOL wishes and what would you like your family to know?)

Note: I have found that completing this document myself helped me to explain it to others in my work. It helped me to reflect on my own feelings and be able to empathize when having this discussion with clients. It is a tough conversation and is so important for us to understand the many emotions and thoughts involved.

To Do: After completing the Five Wishes packet, answer the following questions. Type in your individual answers to the questions. You will be graded on demonstrating reflection, critical thinking and professional writing. Attach this completed activity in the assignment dropbox.

1. **How did you feel completing this document? What was the easiest thing to consider? What was the hardest? (3 points)**

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1. **Have you discussed your EOL decisions with your family/loved-ones? (2 points)**
   * If yes, what did you share? Was the conversation difficult?
   * If no, what do you worry about the most in talking about this with your family/loved-ones?
2. **Who would you ask to make your healthcare decisions? Why? (2 points)**

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1. **What do you think would be the hardest thing in talking with a client (or their family) about completing a Five Wishes or another Advanced Directive document? What skills do you think a social worker will need to use most to be most effective in having this conversation with them? (3 points)**

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