TOOLS and RESOURCES to INITIATE CONVERSATIONS

WEBSITES FOR CONVERSATION STARTERS:

• **Live With Care Can We Talk? project on YouTube**  
  Short unscripted conversations conducted by non-actors.

• **The Conversation Project**  
  [http://theconversationproject.org](http://theconversationproject.org)

• **Speak Sooner**  
  [SpeakSooner.org](http://SpeakeSooner.org)

Highly recommended sites with a lot of information.

• **Go Wish**  
  [http://www.gowish.org](http://www.gowish.org)  
  The Go Wish cards listing values and wishes can be purchased via their website.

• **My Gift of Grace**  
  [http://mygiftofgrace.com](http://mygiftofgrace.com)  
  A card game with helpful questions for conversation starters (at a cost).

• **Five Wishes**  
  [https://agingwithdignity.org/five-wishes/about-five-wishes](https://agingwithdignity.org/five-wishes/about-five-wishes)  
  A comprehensive tool for documenting end-of-life wishes. Best used as a basis for conversations; not designed to be brought into a medical setting.

PHRASES YOU CAN USE TO ENCOURAGE CONVERSATIONS:

• I need your help with something.

• I want you to know what’s really important to me if I were in an accident or got really sick and couldn’t tell the medical team myself.

• I was thinking about what happened to [someone in the news/a relative/friend]. It made me wonder if she had left directions to her family and what you or I would do.

• Do you remember what happened to Bob [a friend] and what his family went through? I don’t want you to have to go through that with me.

• My lawyer says that I need to complete some extra documents in addition to my will, so I need to talk with you about my wishes for medical care.

• My doctor asked me some questions about how I want the end of my life to be. I want you to know my answers so you will understand. (I am wondering what your answers might be.)

• I learnt [in a workshop/class/from my therapist] that we should talk now, when we are not in a crisis.