

## Care of the mind

# Making your wishes known Your wishes before you die

### Personal Preparations

Making the last months of your life meaningful will help you feel a sense of completion at the time of death. It can help to write down your wishes in the spaces below:

- The people I would like to spend time with:
- The things I want to do or finish:
- The places I want to visit:
- The things I want to remember and talk about:
- The things that I want to resolve:
- The relationships I want to reconcile:
- The things I want to explore or find out about:
- What I believe happens after I die:
- What meditations, prayers, readings or other techniques do I want to do regularly now so they can be a source of refuge as I die:

### Practical preparations

- I have completed the [\*Being Organised\*](#) information sheet
- I have prepared a will
- I have appointed a Power of Attorney
- The person(s) I would like to care for my dependents (children, Elderly parents) when I am no longer able:
- The person(s) I would like to care for my pets when I am no longer able:
- My valued personal effects and who I would like to give them to:

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### Place of Care and Death

- As my illness progresses I would like to be cared for at home for as long as possible, OR
- As my illness progresses I would prefer to be in a care facility
- At the time of my death, I would prefer to be at home, OR
- At the time of my death, I would prefer to be in a care facility or hospital

Karuna also has experienced people you can talk with on:  
07 3632 8300 or [karuna@karuna.org.au](mailto:karuna@karuna.org.au)



This is a **Support and Learning** resource. More resources available at [www.karuna.org.au/resources](http://www.karuna.org.au/resources). Karuna is affiliated with [www.fpmt.org](http://www.fpmt.org)



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