

The Non-Medical Wishes of _____

Date _____

This document contains important information on things that I want and do not want related to my death. It is in addition to:

- ☐ Last Will and Testament (Legally binding, clear on where all your major assets go)
- ☐ Advanced Medical Directive (Legally binding, what you want if you are incapable of making decisions on your own)
- ☐ 5 Wishes (Legally binding in certain states, basics about health care and death decisions)
- ☐ Other _____

Some things to consider:

Use regular language - I want / I desire / personal words and phrases with as much clarity as possible.

These are possible categories of what to include (adapt to your unique situation):

- ❖ **Who is your agent/contact/person you want navigating and advocating for what you want?** Good to have one person as primary and also a back up (or two) / They need to know that they are the point of contact and talk it through with them so they can offer consent for that role.
- ❖ **Kids** - if you have kids, guardians need to be clearly chosen and communicated with and part of your will. Use this place in this document for some of your desires and values related to that.
- ❖ **Pets** - What is important to you related to your treasured pets? Who do you want to care for them? Are there other things they need to know?

- ❖ **Important Paperwork** - Where is it stored? Who has your passwords, accounts, bills, paperwork?
- ❖ **Medical Assist in Dying (for terminal illnesses, depending on states)**. More in Colorado at:
<https://www.uchealth.org/colorado-end-life-options-act/>
 If you have a terminal illness,
- ❖ **Call list** - Who do you want to know if something happens to you?
 Write names, numbers, relationship.
- ❖ **Possessions** - Are there special things that you want given to certain people? (All major assets need to be covered clearly in the will)
I want _____ to have....
Once my possessions are cleared out, I want what is remaining to go to
- ❖ **Organ donation** - do you have your organ donor card completed?
 Anything that you want anyone to know about this?
- ❖ **Military Service** - For veterans of any kind - do you want anything connected to the military—any of the potential resource like free burial or cremation, any flag ceremony, etc. (good to check out what you qualify for based on service status)
- ❖ **Post-death arrangements** - What do you want to happen with your body after you die? (cremation, burial, composting, science care, more) Where? Do you have pre-paid services? Make sure and list any of the contact numbers for any of these plans so it's clear who to call.
- ❖ **Where do you want your remains in whatever form (ashes, water, earth) to be spread, kept, or where do you want to be buried? Is**

there a special place you want to be? Are there particular people you want to be there for that? Any other special requests in this area?

- ❖ **Memorial Service** - Are there some things you definitely *don't* want it to be? Is there a place that you want it have it hosted? Someone you want to officiate it? Open or closed casket? Viewing? Songs? Special quotes or scriptures or readings? Particular people to share? Definitely not share? Overall feel? What circles in your life do you want to come? Anyone you definitely *don't* want to come? Special food? Any special things you want included?
- ❖ **Faith/Spirituality Considerations** - Make clear your preferences, what's important to you in this area related to where you are coming from and want others to know about it.
- ❖ **Social Media** - Do you have someone who has access to your social media accounts? (You can designate someone in your settings). Are you comfortable with things being communicated this way as needed?
- ❖ **Obituaries** - Do you want something public in the paper or online? Through the funeral home for online link? Are there particular things that you want shared in any public obituary?
- ❖ **Donations** - Is there a place you'd like donations made in your name in lieu of flowers? A cause or organization you love?
- ❖ **Anything you want others to know?** Are there things that you want particular people or groups to know--messages that you want to make sure and communicate to groups or people special to you./ *want you to know that...*

❖ **Legacy** - Is there anything that you want done in your name in the future? Legacy, foundation, events, etc.

What else?

What is missing that is unique to you?

What are other things that are very important to you?

* * *

I talked through this with _____, finalizing it on _____. It is very important to me that it be honored.

Name, Printed and Signed

Date

Advocate/Friend, Printed and Signed

Date

Witness, Printed and Signed

Date

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