



ENGLISH



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THE PDF?**

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lines and type  
your tekst.

# BOOKLET OF WISHES

*Living until the end...*

MY STORY AND  
MY THOUGHTS &  
WISHES ABOUT  
MY LIFE...

KEPT SAFE IN  
THIS BOOKLET

Would you like  
to order this booklet?

Send an email to  
Netwerk Palliatieve Zorg  
Amsterdam - Diemen  
[secretariaat@npza.nl](mailto:secretariaat@npza.nl)

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## Legal Notice

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Alleen  
samen

## The benefit of this booklet

*'Share your wishes  
with your doctor  
and other caregivers!'*

### WHAT IS TRUE TODAY MAY BE DIFFERENT TOMORROW

How can I prepare myself? This booklet is for anyone who wants to reflect on the final stage of life. An incurable or chronic illness that progresses, experiences from someone close; these are all reasons to start using this booklet - for inspiration, conversation, or simply as support.

### Only together

Together with family, friends, doctors, and caregivers, you can make the final stage of life as comfortable as possible. Because many people are involved, it can help to write things down and share them with everyone who plays a part.

### What does this booklet offer?

Tools, inspiration for conversations, tips, and hopefully some structure, peace of mind, and insight. With space to write down your own wishes. All in one place.

### Share your wishes with your doctor and other caregivers!

Don't forget to share your wishes with your doctor - for example, by writing and discussing an living will, and by talking about your values and needs.

### USEFUL & HELPFUL TIPS?

Photo?

NAME:

DATE OF BIRTH:

PLACE OF BIRTH:

What I would like to share about my life

Lined area for writing about life.



As a child I was...

My childhood  
and school years



I have a partner /  
no partner  
I have children /  
no children

Guardianship

I lived in...

My family...

Typically me...  
Impatient, cheerful,  
creative...

Lined area for writing about life.

Characteristics that  
I inherited from my  
father/mother...

Extrovert,  
optimistic,  
reserved...

My  
great  
love

The naughtiest thing I did...

I am proud of

FOOD & DRINK

*Favourite dish.....*



HOBBIES

JOB/CAREER

*Dislike....*

*This is what  
I enjoy doing*

IF I COULD CHOOSE AN OCCUPATION AGAIN, I WOULD:

*Important  
or not?*

PERSONAL CARE

FAVOURITE MUSIC/SONG

THE MOST BEAUTIFUL MOMENT

*because.....*

THIS MAKES ME HAPPY



*I would still  
like to...*

MY WISHES

What am I  
sorry about

My biggest regret

People who are important to me

NAME

BECAUSE....

Who do I ask  
for help?



I MISS...

MY WISHES



I would like to  
reconnect with...



To me,  
home is...



What do I like about  
my current home?

I feel at  
home...

Things I am  
attached to...

My home

Lined area for writing about home.

What matters  
most in my life?



WHERE DO I RELY ON?  
WHAT BRINGS ME JOY?  
WHERE DO I DRAW STRENGTH?

IMPORTANT DAYS

Lined area for writing about important days.

Lined area for writing about wishes.

MY WISHES

I HOPE PEOPLE DO NOT FORGET THAT I...

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I REALLY DO NOT WOULD LIKE...

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WHAT WOULD I STILL LIKE  
TO ARRANGE FOR MY LOVED  
ONES?

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*Good to  
know*

I HAVE DOCUMENTED  
MY DECISIONS IN:

- Declaration of will
- Testament
- Notarial power of attorney
- Living will
- Resuscitation declaration
- Euthanasia declaration
- Organ donor card
- (Organ) donation
- Digital legacy



*Where they  
can be found?*

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MY WISHES

*I would like all those involved to know...*

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*My wishes regarding  
my medical treatment  
in the future are...*

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## MY FAREWELL

*Do your loved ones  
already know what  
you would like?*

WHERE DO I WOULD LIKE TO DIE?

WHERE DO I WOULD LIKE TO BE LAID TO REST?

*And how?*

*What do I still would like to arrange myself?*

WHAT DO MY LOVES ONES NEED TO KEEP IN MIND?

Consider:  
Cremation or burial?  
Religion and spirituality?  
Donating your body to science  
Which funeral director?  
Location  
Invitees  
Music  
Readings  
Clothes...

*What would I like to leave behind and for whom?*



*A letter, photo/video,  
jewellery, belongings*

OTHER THINGS I WOULD LIKE TO SAY ABOUT MY FAREWELL:





SPIRITUAL CARE /  
QUESTIONS RELATING TO LIFE

In many cases, you can turn to your trusted network of family, friends, colleagues or a (faith) community regarding life questions. If you do not have such a network, or it is not the right place to tell your story, you can contact a spiritual caregiver in your area. These caregivers are affiliated with one of the ‘centres for life questions’ in your area.

They can be found at:  
[geestelijkeverzorging.nl](http://geestelijkeverzorging.nl)

Handwriting practice lines consisting of 15 horizontal dashed lines.



Do you have feedback on our wish booklet?  
[Click here](#) and fill out the feedback form online.



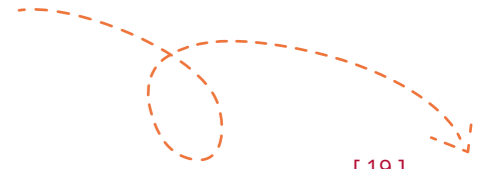
INFORMATION & USEFUL ONLINE LINKS

- [overpalliatievezorg.nl](http://overpalliatievezorg.nl)
- [thuisarts.nl](http://thuisarts.nl)
- [levenseinde.patientenfederatie.nl](http://levenseinde.patientenfederatie.nl)
- [rijksoverheid.nl](http://rijksoverheid.nl)
- [donorregister.nl](http://donorregister.nl)
- [notaris.nl](http://notaris.nl) (also for a digital legacy)
- [expertisecentrum euthanasie.nl](http://expertisecentrum euthanasie.nl)

DO YOU HAVE QUESTIONS?

Contact the network in your area – they can be found at:  
[palliaweb.nl](http://palliaweb.nl)

From here, the section starts with useful and helpful tips with writing space.



## EXPLANATION OF TERMS

We explain the most commonly used terms/concepts that you will encounter when it comes to the final stage of life.

### PALLIATIVE CARE

The goal of palliative care is to make your life more bearable and comfortable by preventing or relieving suffering. This care can last weeks, months or years and is not focused on curing. Palliative care is often confused with care during the final stage of life, but palliative care is broader. It covers the phase from the moment you are informed that recovery is not possible. It concerns not only the person who is ill, but family and loved ones too. You can request palliative care in the final stage of your life. A team of caregivers is dedicated to making you as comfortable as possible. This improves the quality of your final moments.

### PALLIATIVE SEDATION

The goal of palliative sedation is to relieve symptoms as much as possible. It can be prescribed by a doctor if it is not possible to relieve symptoms like pain, shortness of breath and anxiety and/or unease, or if treatment of the symptoms would cause unacceptable side effects.

In palliative sedation, the doctor lowers consciousness with medication. The level of sedation can vary from superficial to deep. You may wake up briefly after the start of your sedation; the doctor or nurse will adjust the dose if necessary. The main goal is to make the patient as comfortable as possible.

Palliative sedation is a normal medical procedure that is bound by guidelines and may only be applied if death is expected within one to two weeks. Palliative sedation does not hasten death. Palliative sedation is therefore not the

same as euthanasia. If you previously documented in a living will that you do not would like palliative sedation, the doctor will respect your wish.

### EUTHANASIA

Euthanasia is a form of intentionally ending life. In euthanasia, a doctor administers medication to end unbearable discomfort. Strict conditions apply to carry out euthanasia.

Euthanasia can only take place at your request – a voluntary well-considered and longstanding request. You can document this in a living will. A doctor is not obliged to carry out euthanasia, even if you have a living will in place. Ending life is neither a duty of the doctor or a right of the patient. Euthanasia is only legal if all due care requirements are met. A second independent doctor will always review whether the request meets these criteria.

### ASSISTED SUICIDE

Assisted suicide is not the same as euthanasia. Assisted suicide entails the patient themselves consuming a lethal drink. The doctor personally hands this drink to the patient and remains with the patient until death has occurred.

If the drink does not cause death within a reasonable timeframe, the doctor must administer an injection, after which the patient will die (immediately). The same conditions for euthanasia apply for assisted suicide.

### DECLARATION OF WILL

A declaration of will is a document in which you indicate your wishes concerning treatment or end of life. This declaration is used if you can no longer make decisions, for example, a coma, a serious accident or when communicating with your doctor is not possible. It can be helpful for your loved ones to have your wishes clearly written down.

By documenting treatment preferences in a declaration of will, you avoid others having to decide for you at a critical moment. See the orange box below for an example of a declaration of will.

#### **It is important for loved ones and the doctor to know a declaration of will exists!**

A declaration of will can be typed, printed or handwritten. A handwritten declaration (with date and your signature) is legally as valid as those made by a notary or association. What matters is that it clearly states under which circumstances treatment should or should not be provided. It is important that you discuss your declaration of will with your doctor.

### LIVING WILL

In addition to a declaration of will, it can be useful to create a living will. In this document, you appoint someone (an authorized representative) to take

## EXPLANATION OF TERMS

care of your financial affairs and belongings, if you are no longer able to do so due to illness or accident.

Naming someone to make medical decisions for you or to carry out personal wishes does not have to be in a living will. You can do that in a will or health care declaration, which you can always modify if you want.

A living will is a special type of will and must be documented through a notary. There are costs involved. It applies during your life and does not concern what should happen to your belongings after your death. That is arranged in a testament.

For an example declaration of will, see [palliaweb.nl](http://palliaweb.nl):

*palliaweb.nl*

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\_\_\_\_\_

\_\_\_\_\_

USEFUL & HELPFUL

What do I would like to arrange myself?

What have I arranged myself?

Are there people who need to know this?  
Or who this concerns?

My message at important events

WHAT DO I (STILL) WOULD LIKE TO DO, SAY OR LEAVE BEHIND:

- Letters/text I have written about who I was, what was important to me and my wishes for the future of people I love – when I am no longer around.
- Guardianship.
- Recorded videos.
- Bequeathing/purchasing of jewellery (children).
- Taking of group photos.
- Discussion with my partner about seeking happiness again.
- Rituals/religious requests.

Where are these documents?

PRACTICAL MATTERS:

- The place where my passwords can be found.
- My memberships.
- How do I envision my funeral/music.
- Testament/pension related documents.

SPACE TO WRITE NOTES

SPACE TO WRITE NOTES

I definitely do not  
would like...

YOUR OWN ARRANGEMENTS

USEFUL & HELPFUL

What can my doctor do for me?

What can you discuss with your doctor?

CONVERSATION TOPICS

- What is being ill like for me? How are my loved ones reacting?
- What are my wishes? What do I would like or not would like?
- What are the options for care at home?
- Could the hospital's palliative team be of potential value to me?
- Explanation of euthanasia and could he/she carry out this request?  
Is it right for me? And what does it mean in terms of incapacity?  
**TIP:** keep discussing this with your doctor.
- Explanation of palliative sedation. What is it? What is the value?
- What do you expect of your doctor?
- Options and implications of hospice.
- What symptoms and/or complications can I expect?  
And how can I tackle these?  
What are the options for symptom management?
- Information about the effects and possible side effects of morphine.
- What can the doctor do for me when the end is near?

SPACE TO WRITE NOTES

SPACE TO WRITE NOTES

DISCUSSIONS WITH DOCTOR/OTHER CAREGIVERS

## USEFUL & HELPFUL

During treatment

## ARRANGING YOURSELF - CARE AND TREATMENT

- To what extent do I let my life be determined by the side effects of the treatment?
- What does quality of life mean to me?
- What does quality of death mean to me?
- What do I would like to invest my energy in?  
And when that energy is getting less?
- Is there enough support and understanding?  
Have I coordinated this with the people who are important to me?  
If there are differences, who can I discuss it with?
- Should I feel guilty if I would like to stop treatment?
- Other than myself, for who am I undergoing treatment?  
How do my loved ones feel about that?
- Who will support me during treatment?
- What support is there for my loved one(s)?
- Is it time for a discussion with the doctor?

## SPACE TO WRITE NOTES

## SPACE TO WRITE NOTES

## DURING TREATMENT





[palliaweb.nl/netwerk-amsterdam](http://palliaweb.nl/netwerk-amsterdam)