



ENGLISH



Netwerken  
Palliatieve Zorg  
Twente

FILL IN  
THE PDF?

Click on the  
lines and type  
your tekst.

# WHEN I THINK ABOUT MY FINAL STAGE OF LIFE,

*Then I would like...*

MY STORY  
AND MY IDEAS  
& WISHES FOR  
MY LIFE...

TO BE PRESERVED  
IN THIS BOOKLET

Would you like to order this booklet?

Then send an email to  
Netwerken Palliatieve Zorg Twente  
[NPZT@carintreggeland.nl](mailto:NPZT@carintreggeland.nl)

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## Legal Notice

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Twente**

Alleen  
samen

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samen

## The benefit of this booklet

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

### WHAT IS TODAY COULD BE DIFFERENT TOMORROW

How do I prepare myself? This booklet is for everyone who wants to consider the final stage of life. An incurable and/or chronic illness that deteriorates or experiences from your environment are all reasons for you to put this booklet to use. It can be used as inspiration, topics for discussion and/or guidance.

### Alone together

You can make the final stage of your life as pleasant as possible together with family, friends, acquaintances, doctors and caregivers. Because so many people are involved, it can be useful to write down and share things with all who are involved.

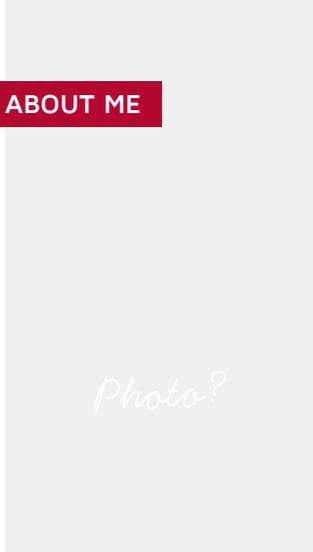
### What does this booklet offer?

It offers tools, inspiration for discussions, tips and hopefully structure, peace of mind and insight. There is space to write down your own wishes. Everything is in one place.

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

Do not forget to inform your attending physician or GP of your wishes by, for example, drawing up and discussing a living will and discussing your wishes, values and needs with other caregivers.

**USEFUL & HELPFUL TIPS?**



*What do I want to say about my life?*

Handwriting practice lines for the 'What do I want to say about my life?' section.

MY NAME:

Handwriting practice line for 'MY NAME:'

MY DATE OF BIRTH:

Handwriting practice line for 'MY DATE OF BIRTH:'

PLACE OF BIRTH:

Handwriting practice line for 'PLACE OF BIRTH:'



*As a child I was...*

*Events that had  
a big impact on  
my life*

*My youth  
and schooling*



*I am single or married,  
I have children/no  
children*

*Guardianship*

*I lived...*

*My family...*

*Typical me...  
Impatient, cheerful,  
creative...*

Handwriting practice lines for the 'ABOUT ME' section on page 5.

Typical 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*



MY HOBBIES

MY JOB/CAREER

EXTERNAL CARE

*Important  
or not?*

FAVOURITE MUSIC/SONG

*because...*

THE MOST BEAUTIFUL MOMENT

*I don't like...*

*This is what  
I enjoy doing*

IF I COULD CHOOSE AN OCCUPATION AGAIN, I WOULD:



*I would still  
like to...*

THIS MAKES ME HAPPY

MY WISHES

What am I  
sorry about

My greatest regret

Handwriting practice lines for the 'My greatest regret' section.

People who are important to me

NAME

BECAUSE....

Handwriting practice lines for the 'People who are important to me' section, divided into 'NAME' and 'BECAUSE....' columns.

Who do I ask  
for help?

Handwriting practice lines for the 'Who do I ask for help?' section.



I MISS...

Handwriting practice lines for the 'I MISS...' section.

MY WISHES

I would like to connect  
with the following  
people again:...



Handwriting practice lines for the 'I would like to connect with the following people again:...' section.

*My home*



*To me,  
home is...*



*What do I like about  
my current home?*

*I feel at  
home...*

*Things to which  
I am attached...*

Handwriting practice lines for the 'My home' section, consisting of multiple horizontal dashed lines.

*What is important  
in my life?*



WHERE DO I DRAW SUPPORT?  
WHAT MAKES ME HAPPY?  
WHERE DO I DRAW STRENGTH?

IMPORTANT DAYS

Handwriting practice lines for the 'What is important in my life?' section, consisting of multiple horizontal dashed lines.

MY WISHES

I HOPE PEOPLE DON'T FORGET THAT I...

Handwriting practice lines for the text 'I HOPE PEOPLE DON'T FORGET THAT I...'

I REALLY DON'T WANT...

Handwriting practice lines for the text 'I REALLY DON'T WANT...'

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

Handwriting practice lines for the text 'WHAT WOULD I STILL LIKE TO ARRANGE FOR MY LOVED ONES?'

*Good to know*

I HAVE DOCUMENTED MY DECISIONS IN:

- Advance directive
- Testament
- Notarial power of attorney
- Living will
- Resuscitation declaration
- Euthanasia declaration
- Donor codicil
- (Organ) donation
- Digital legacy



*Where are these?*

Handwriting practice lines for the text 'Where are these?'

MY WISHES

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

Handwriting practice lines for the text 'I would like all those involved to know...'

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

Handwriting practice lines for the text 'My wishes regarding my medical treatment in future are...'

MY FAREWELL

Do the people in your environment already know what you want?

Handwriting practice lines for the first question.

WHERE DO I WANT TO DIE?

WHERE DO I WANT TO BE LAID TO REST? *And how?*

What do I still want to arrange myself?

WHAT DO MY LOVES ONES NEED TO CONSIDER?

Handwriting practice lines for the second, third, and fourth questions.

Consider:

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

What legacy do I want to leave and to whom?

Handwriting practice lines for the fifth question.



OTHER THINGS I WANT TO SAY ABOUT MY FAREWELL:

Handwriting practice lines for the sixth question.

MY FAREWELL



A letter, photo/video, jewellery, possessions



SPIRITUAL COUNSELLING /  
QUESTIONS RELATING TO LIFE

In many cases, you can turn to your trusted network of family, friends, colleagues or a (faith) community regarding so-called life questions. If you don't have such a network, or it is not the right place to tell your story, you can contact a spiritual counsellor in your area. They are affiliated with one of the 'centres for life questions' in your area. They can be found at: [geestelijkeverzorging.nl](http://geestelijkeverzorging.nl)

Horizontal dashed lines for writing.

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)
- [expertisecentrummeuthanasie.nl](http://expertisecentrummeuthanasie.nl)



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

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 common terms/concepts that you will undoubtedly encounter when it comes to never recovering or 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 aimed at recovery. Palliative care is often confused with care during the final stage of life, but palliative care is broader. It concerns the phase that starts when you are informed you will never recover. It concerns not only the person who is ill, but family and loved ones too. You can request palliative terminal care in the final stage of your life. A team of caregivers try to ensure you suffer as little as possible and that you can end your life well. This improves the quality of death.

### PALLIATIVE SEDATION

The goal of palliative sedation is to relieve symptoms and minimise suffering as much as possible. It can be applied 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.

Palliative sedation entails the doctor reducing consciousness with medicines. The degree of reduction in consciousness required for this can vary from superficial to deep. You may wake up again briefly after the start of your sedation; the doctor or nurse will adjust the dose if necessary. The most important goal is for the patient to feel 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 want the doctor to apply palliative sedation, the doctor will respect this wish.

### EUTHANASIA

Euthanasia is a form of termination of life. Euthanasia entails a doctor administering medicines to end unbearable and hopeless suffering. Conditions apply to the execution of euthanasia with due diligence. 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. The termination of life is not an obligation of the doctor or an entitlement of the patient. Euthanasia is only legal if all the due diligence criteria are met. A second independent doctor will always assess whether the request meets due diligence 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 as well, after which the patient will die (immediately). The same conditions for euthanasia apply for assisted suicide.

### LIVING WILL

A living will is a document in which you indicate your wishes concerning treatment or termination of life. This declaration is used if you can no longer make decisions, such as in the case of a coma, a serious accident or situations in which speaking with one's (own) doctor is no longer possible.

It can be helpful to your loved ones if what you do and don't want is clearly documented on paper. By documenting treatment preferences in a living will, you avoid others having to decide on your behalf in that situation. See the orange box below for an example of a living will.

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

A living will can be typed, printed or even handwritten. A self-written living will (with date and your signature) has just as much legal standing as the declarations available through a notary or associations. It is, however, important that it clearly describes the circumstances in which treatment should or should no longer take place. It is important that you discuss your living will with your GP.

### ADVANCE DIRECTIVE

It can be helpful to draw up an advance directive in addition to a living will.

## EXPLANATION OF TERMS

In it, you appoint someone (with power of attorney) to look after your banking affairs or possessions if you are no longer capable of doing so due to illness or an accident, for example. It can also be someone who can make medical decisions for you or execute your personal wishes. An advance directive is a special type of will and must be documented through a notary. It applies while you are alive and does not concern what should happen to your possessions after your death. That is something you set out in your testament.

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

*palliaweb.nl*











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