

COMPASSION

IN DYING

SUPPORTING YOUR CHOICES AT THE END OF LIFE

Quiz – How well do you know my wishes?

This short quiz is designed to check how well the people close to you understand your wishes for treatment at the end of life.

If you have appointed a Lasting Power of Attorney for health and welfare, this would be a useful exercise for you and the person you have appointed. It will help you both to know that they have fully understood your wishes so that they can communicate them for you if you lose mental capacity.

Instructions

Go through the questions one by one and make a note on a separate sheet of what you would want in each of the scenarios.

Ask the person you are taking the quiz with to answer the questions based on what they think you would want.

Compare your answers. Every question to which you both have the same answer counts as one point. If your answers do not match, count no points.

Scores

5 points = Perfect score. You have communicated your wishes well and they have been well understood.

3 – 4 points = Good, but it is worth having another conversation to make sure they are comfortable with what you would want in different situations.

1 – 2 points = More discussion needed. Make some time to sit down together and have a full conversation about what choices you want to make at the end of life.

If you are finding it difficult to have these conversations with a loved one, or would like to talk through your wishes in confidence, please call our free Information Line – **0800 999 2434**.

Question 1

I have developed dementia and have reached the stage where I can no longer recognise the people close to me. I am then diagnosed with pneumonia, which would be fatal if it was not treated with antibiotics.

In this situation, would I want antibiotics?

Yes

No

Maybe

Question 2

I have heart failure, my health is poor and I find it difficult to walk very far. I am always tired and short of breath, but I am alert and able to enjoy time with friends and family. One day I have a heart attack and my heart stops beating.

In this situation, would I want to be resuscitated?

Yes

No

Maybe

Question 3

I have been found after having a heart attack. I have no heartbeat and I am not breathing. I am revived by paramedics and taken to intensive care, still unconscious, where I am connected to a breathing machine.

After a few days of tests, the doctor finds out that my brain was deprived of oxygen for several minutes during the heart attack and as a result caused brain damage. Doctors think that I am unlikely to wake up, but if I do there is a small chance I could get off the breathing machine. In this case it is likely – but not certain – that I would need help with things like dressing, eating and going to the toilet.

Would I want to remain on the breathing machine?

Yes

No

Maybe

Question 4

I am 91 and have dementia. My health has been failing for two years. I spend most of the day in bed and need 24 hour care. I forget friends and family when they come in to visit. I have begun to lose interest in eating and have lost a lot of weight. However, I am physically comfortable and usually in good spirits. The doctor wants to fit a feeding tube to make sure I get enough nutrition.

Would I want the feeding tube fitted?

Yes

No

Maybe

Question 5

I have advanced liver cancer which has spread to my bones and internal organs. I am at home and require hospice care. I cannot leave my bed or move too much because of the pain, which is getting worse, despite taking large doses of pain medication. The medication means I drift in and out of consciousness, but when I am conscious I can still recognise people and talk to family and friends, although I am unable to hold a conversation.

The hospice nurse has offered palliative sedation to manage my pain. This is where I would be given sedation that would keep me unconscious for the rest of my life.

Would I want palliative sedation?

Yes

No

Maybe

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