

Go Wish

The best way to prepare for the end of our lives is by asking ourselves and those we love what matters most while we are very much alive! Dr. Menkin will reframe “Advance Directives” by helping you find ways to articulate what goals are the most important to aim for if life is short.

With rare exceptions, specific medical decisions about interventions should not be deemed “use” or “don’t use” in advance. Certain treatments are not intrinsically good or bad; they need to be weighed in the context of the specific details of what is going on. Medical interventions are a tool to help you have a life. What medical tool should be used will depend on what kind of living is important to you, what the problems are, what interventions can offer in terms of outcomes, and which interventions will be effective in achieving your goals.

Go Wish gives you an easy, even entertaining way to talk about what is most important to you. The cards help you find words to talk about what is important if you were to be living a life that may be shortened by serious illness. Playing the game with your relatives or best friends can help you learn how you can best comfort your loved ones when they need you most. Each deck has 36 cards. Thirty-five of the cards describe things that people often say are important when they are very sick or dying. For example, the cards describe how people want to be treated, who they want near them, and what matters to them. One card is a "wild card." You can use this card to stand for something you want that isn't on any of the other cards.

Sorting the Go Wish cards is a good way to help figure out what is important to you and why.

1. Read through all 36 cards. Sort them into three piles:

- Very important to me
- Somewhat important to me
- Not important to me

2. You can use the wild card to stand for something you want that is not on any of the other cards. For example: "To live in my own home" or "To be able to recognize my family and friends" or “To eat and enjoy food.”

3. When you have three piles, sort through your "very important" pile and choose the 10 wishes that mean the most to you. This is your Top 10.

4. *Rank* your 10 "very important" cards, putting the most important ones at the top of the pile.

5. Think about how you would explain to your family or friends why each of these things are among your Top 10 wishes, and why some are more important than the others. Think about your "not important" pile and how you would explain to your family or friends why those things are not important to you.

Make time to talk to your loved ones about your choices.