END-OF-LIFE LEARNING SERIES

DISCUSSION GUIDE: INTRODUCTION TO DEATH AND DYING

1. What have you learned about death and dying from society/culture?

2. What has been your personal experience with death and dying? How has this shaped your views of the end of life?

3. Why do you think the majority of people have a difficult time discussing death?

4. Have you heard the term "good death?" What specific components do you think define a "good death"?

5. If you had a choice, how would you choose to die? (Consider all the senses.)

6. What is your biggest fear of end of life, dying, death?

7. Are there any specific considerations that LGBTQ+ folks should be aware of?

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DISCUSSION GUIDE: ADVANCE CARE PLANNING

1. What components do you think are most important when choosing a power of attorney?

2. Have you completed an advance care directive? Do you have someone in mind as your power of attorney? If so, how did you choose that person? What if they aren't/weren't available?

3. What life saving measures would you consider for yourself? Are there circumstances where this could change?

4. Are there religious/personal beliefs that would preclude you from any life saving measures?

5. Under what circumstances would you consider focusing on comfort rather than prolonging life?

6. What does the term "quality of life" mean to you?

7. Are there any specific considerations that LGBTQ+ folks should be aware of?

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DISCUSSION GUIDE: PALLIATIVE CARE, HOSPICE AND THE ROLE OF A DEATH DOULA

1. What has been your experience with hospice care, palliative care or possibly even death doulas?

2. What services do you understand that hospice and palliative care could provide to you or a loved one?

3. If you were diagnosed with a terminal illness, would you want to pursue every possible treatment, even those that possibly diminished your quality of life? What do you imagine this would look like for you?

4. Do you think receiving hospice care means you are giving up hope? Why/Why not?

5. What does a "good day" look like? Can you consider what it might look like to shift your expectations this at the end of life? What would it look like as you consider changes at the end of life?

6. One of the roles of a death doula is to provide meaning making at the end of life. Break up into small groups/pairs and share a memory in your life that has provided you strength/guidance.

7. Are there any specific considerations that LGBTQ+ folks should be aware of?

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DISCUSSION GUIDE: STAGES OF DEATH AND DYING

1. What is your experience of being with someone at the end of their life? Were there things that surprised you? Was it what you expected?

2. What are your fears regarding the process of death and dying (pain, being alone, loss of control)?

3. Considering the emotional phases of end of life, death and dying…How do you feel each of these might come up for you personally?

- DENIAL Why is it hard to believe death is inevitable?
- ANGER What feels unfair about the situation?
- BARGAINING What time are you trying to buy? What would you do with it?
- DEPRESSION What grief is coming up? What is the sadness telling you?
- ACCEPTANCE What would make you feel more at peace?

4. Are there any specific considerations that LGBTQ+ folks should be aware of?

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DISCUSSION GUIDE: BODY DISPOSITION

1. What is your experience considering body disposition for a family or loved one who has died? How did this experience impact your feelings of the options?

2. To what degree does what happens to your body after you die matter to you?

3. Have you considered whether you plan to be buried, cremated, body donation? Something different altogether?

4. Take a moment to discuss the personal pros/cons of the option available:

- BURIAL
- CREMATION
- NATURAL BURIAL
- BODY DONATION
- BURIAL AT SEA
- AQUAMATION
- OTHER?

5. Are there any specific considerations that LGBTQ+ folks should be aware of?

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