

THE VALUES INDEX

This index can be used as a worksheet to provoke thought and communication with family and friends about your end-of-life care. Making these choices for yourself is what **advance directives** are all about. You need to share this information with family members and friends who may have to make healthcare choices if you are unable to do so.

Basic Life Values

Which of the following two statements is the most important to you?

_____ I want to live as long as possible, regardless of the quality of life that I experience.

_____ I want to preserve a good quality of life, even if this means that I may not live as long.

Quality of Life Values

Circle those values that are important to your definition of quality of life.
Indicate which ones are the most important.

1. I want to maintain my capacity to think clearly.
2. I want to feel safe and secure.
3. I want to avoid unnecessary pain and suffering.
4. I want to be treated with respect.
5. I want to be treated with dignity when I can no longer speak for myself.
6. I do not want to be an unnecessary burden on my family.
7. I want to be able to make my own decisions.
8. I want to experience a comfortable dying process.
9. I want to be with my loved ones at death.
10. I want to leave good memories of me to my loves ones.
11. I want to be treated in accord with my religious beliefs and traditions.
12. I want to help others by making a contribution to medical education and research.

Please make note of other values or clarification of values noted above:

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