

8 Steps to Build an End of Life Support Team

People near end of life often need a great deal of support. Building an end of life support team of trusted loved ones and advisors to make important decisions help ensures consistent, caring representation of your interests.

We recommend the following steps to build your end of life support team:

1. Consider your specific needs

The support team you choose will depend on your unique circumstances. Consider your preferences and needs for your dependents, care, property, financial and/or digital assets. Whether you want your extended family, social or online networks to be kept informed of your circumstances if you become unable to speak for yourself.

2. Consider your preferences and resources

Carefully consider whom you trust or feel most comfortable to fill each role. Try to match the person with the roles they seem best suited for. You may find that choosing the same person to fulfill multiple roles works best for you.

3. Talk with advisors and loved ones

To help you choose the right person for the right responsibility, get input from your loved ones and advisors before making your final decisions.

4. Find more resources if necessary

Consider all possible resources including family members, neighbors, healthcare and hospice providers, your religious community and professional or social organizations where you have affiliations.

5. Choose your support team

Appoint one or more people you trust to care for dependents, manage your medical and financial matters, and to carry out your final wishes for your assets. Remain open to new resources if your circumstances or team changes.

6. Complete legal documents

Legally empower your representatives to carry out your wishes by completing legal documents. Please visit: www.passare.com and view the eBook, "How-to Manage End of Life Planning" for important End of Life legal forms to complete.

7. Prepare an End of Life support team contact list

Keep a complete list of all of your personal representatives with their full name and contact information, your association and their support role.

8. Copy, store and communicate your contact list

Give copies of your contact list to each team member and to close family members. Store all legal documents in a secure, easily accessible place.

An important part of living a fulfilling life includes supporting others – and having them support you. By planning ahead, you can build a dedicated team of caring people to help you manage end of life matters as you approach this important and inevitable life passage.

Please visit: www.passare.com for more information and expert resources on building your end of life support team and other end of life management topics.