## Fairfield University Kanarek Center for Palliative Care

## Tell Us More: A One-Stop Advance Care Planning Workshop

## Preflection

This is a free writing exercise to stimulate your thoughts, feelings, and values related to planning your care in the event you are unable to. Free writing can occur when you have an uninterrupted block of time to write your flow of thoughts on paper without concern for grammar, spelling, or organization. Focus on one question at a time.

1.	What would you want your health care providers to know about you if you could not tell them?	Write this
	as a letter to your future care team.	

2. If you could plan your own death, what would it be like? (Consider location, sights, sounds, touch, smells, people you'd want present/absent, etc.)