



# ILLNESS PLANNING ROADMAP

## Prepare for Key Life Changes

**How to Use:** Review this table to understand what key life changes to expect and things to do in each stage.

|                  | Key Life Changes  | Things to Think About  |
|------------------|---|--|
| BEGINNING STAGE  | <b>Explore ways to slow progression and lessen symptoms.</b>  | <ul style="list-style-type: none"> <li>• Taking medications as prescribed</li> <li>• Integrating good nutrition, regular physical exercise, and social engagement</li> <li>• Making time for medical visits and rehab programs</li> <li>• Getting updated on preventative care (e.g., flu shots)</li> <li>• Learning self-management strategies to manage symptom flare-ups</li> </ul>   |
|                  | <b>Designate person(s) for future health care oversight in case you are unable to express consent and needs</b> | <ul style="list-style-type: none"> <li>• Substitute decision-maker / lasting power of attorney for health care</li> <li>• Point person(s) for communication and coordination of care</li> <li>• Companion for appointments and tracking of medical information</li> </ul>  |
|                  | <b>Settle personal affairs proactively, while you can express preferences</b>                                   | <ul style="list-style-type: none"> <li>• Critical account access, passwords, contacts (e.g., banks, life insurance)</li> <li>• Will and estate planning</li> <li>• Advance care planning discussions</li> <li>• End of life wishes (e.g., legacy leaving and funeral planning)</li> <li>• Other: _____</li> </ul>  |
| MIDDLE STAGE     | <b>Assess needs and get support to maintain your daily routines.</b>  | <ul style="list-style-type: none"> <li>• Cleaning, groceries, meal preparation, home affairs</li> <li>• Medication management</li> <li>• Managing personal finances</li> <li>• Exercise, social interaction, companionship, and emotional support</li> <li>• Transportation</li> </ul>   |
|                  | <b>Assess ability to provide care at home and consider professional services</b>                                | <ul style="list-style-type: none"> <li>• Assistance with feeding, bathing, hygiene care, dressing, toileting</li> <li>• Mobility aids and preventing falls (e.g., walker, cane, wheelchair)</li> </ul>   |
|                  | <b>Assess home environment to ensure safety and to maximize energy and independence</b>                         | <ul style="list-style-type: none"> <li>• Making home modifications to prevent injury or enable mobility (e.g., walker, wheelchair, stair lift)</li> <li>• Enhanced home care supports (e.g., public home care, private home care, community supports)</li> <li>• Alternative living arrangements (e.g., one floor living, retirement home, institutional care)</li> </ul>  |
|                  | <b>Prevent loneliness and isolation</b>   | <ul style="list-style-type: none"> <li>• Continuing social interaction/companionship</li> </ul>  |
|                  | <b>Identify and support family caregivers</b>   | <ul style="list-style-type: none"> <li>• Find resources, supports, and strategies to prevent burnout</li> <li>• Other: _____</li> </ul>  |
| LATE & END STAGE | <b>Discuss and make decisions about end of life, with a focus on quality-of-life</b>                            | <ul style="list-style-type: none"> <li>• Returning to advance care planning discussions to inform decision-making</li> <li>• Reviewing Do-Not-Resuscitate / Allow Natural Death designation</li> <li>• Stopping unnecessary medications, including antibiotics</li> <li>• Discussing the pros and cons of artificial nutrition and hydration</li> <li>• Preparing for bedridden care</li> <li>• Understanding what natural dying looks like for your illness</li> <li>• Seeking resources for grief and bereavement support</li> <li>• Other: _____</li> </ul> |