

VSED Preparation Checklist



- Determine medical support
 - Note names and contact numbers for client’s provider
 - Ask if client has spoken with provider about VSED
 - Determine if provider is supportive
 - If not, request referral to supportive provider
 - Ask if client has seen complementary/holistic provider
 - Identify complementary providers the client has seen
 - Review advance directive, POLST

- Complete all legal work
 - Release of Information (ROI) authorization signed, copied
 - Advance directive completed with VSED addendum and copied
 - POLST completed, signed by provider, and copied
 - Prepare “Release and Assumption of Risk” document for caregivers & doula
 - Identify client’s durable power of attorney (DPOA) for healthcare
 - If not supportive of VSED, choose another DPOA
 - Note contact numbers for DPOA
 - Legal will completed, if desired
 - Prepare two videos:
 - Longer one (2-3 minutes) for legal purposes
 - Shorter video (1 minute) for self-advocacy
 - Determine if all family members are on board
 - Provide legal resources provided if needed and desired

- Choose coordinator—trusted friend or death doula—who:
 - Coordinates the team: family members, caregivers, hospice, friends, faith community representative
 - Sets an atmosphere of peace and calm
 - Embodies compassion; always follows client’s lead
 - Liaisons with all: PCP, hospice, caregivers, holistic practitioners
 - Consistently assesses needs of client, family, caregivers
 - May need to be the gate keeper to client
 - Educates family about dying process, VSED process
 - Helps client prepare an after-death plan

- Choose point person—consistent spokesperson for client
- Select caregivers
 - Discuss importance of full-time caregivers
 - Discuss preference for caregivers:
 - Experienced with end-of-life and VSED
 - Available consistently for two-week period
 - Non—family care members
 - Share resources for finding caregivers
 - Share resources for teaching caregivers about VSED
 - Discuss the financial cost of caregivers
 - Sign “Release and Assumption of Risk” document
 - Help client consider Comforting Things List
- Choose start date or personal “markers” to identify when time is right to choose a start date
- Complete Comforting Things list
- Arrange for Hospice referral
 - Made by healthcare provider or client or doula
 - Ask hospice to complete an intake, if possible
 - If possible, obtain hospital bed from hospice
- Gather equipment and supplies
- Final to-do list
 - Food and all cooking smells out of the house
 - Bedroom and bathroom set-up
 - Everyone knows their role
 - Schedule of caregivers documented and in notebook
 - Legal paperwork all together in notebook
 - Hospice on standby
 - Notify Hospice of start date
 - Intestinal cleanse completed
 - After-death arrangements completed
- Acknowledge the beginning in a personal way