LIVE WELL
tour
DIE WELL

Kimberly C. Paul

One state, one community, one person at a time.
TODAY'S PRESENTATION

INSPIRING INDIVIDUALS TO TALK ABOUT DEATH SO THEY CAN FULLY EMBRACE LIFE.

Telling My Story
Point of View - Families vs. Medical Community
How do we put color into a Dark Subject?
Research - What would it take to lessen your fear?
Reclaiming our voice in Life & Death
Contact Me
NO ONE WANTS TO TALK ABOUT IT

What are we waiting for?
BRIDGING THE GAPS
RECLAIMING OUR VOICE

The Government has done an extensive study and has spent millions of dollars conducting research on death and dying. The results is that none of us will escape death. It is a true fact that 100% of us will die ... one day.

Throughout my 22 years in Hospice and Palliative Care, I've seen patterns created in an attempt to avoid the hard conversations between patients and families as well as between patients and providers in the medical community. The question is: "How do we change this?"

The true question is; "How do we Bridge the Gap between the individuals desires and the medical community to enhance our quality throughout our end of life. We must recognize that even the dying are living until that last breath. Whether it is months, weeks, days or hours, we can design our death to reflect a life well lived."
POINT OF VIEW
Bridging the Gap

Families & Patients

Medical Community
Point of View
without Advance Care Planning

Patients & Families

Hard to let go

In a state of shock

Unaware that actions and decisions prolong suffering

Emotionally driven decisions

Don’t know what they don’t until it is too late.

Medical Community

Death is Failure

Not doing anything is often overlooked as an option

Trained to Heal / Make better

Unaware of Patients choices

Blame Game

Frantic

The doctor never told us

The doctor assumes the family is not ready to give up

When family don’t agree - the patient, families and physician suffer
Point of View
with Advance Care Planning

Patients & Families
- Releases the burden
- Lessen Guilt
- There is no guessing about care
- No Decisions - they've already been made

Medical Community
- Advocate
- Aware of EOL Decisions
- Comfort Care vs. Aggressive treatment
- This does not change the outcome

Human Impulse
- Calm / Peaceful
- What matters most when time is limited:
  - Relationships
  - Connection
  - Moments to express;
  - I love you
  - and
  - To Say Goodbye
Family members struggle when withdrawing treatment versus never starting treatment.
There's a *BIG* gap between what people say they want and what actually happens:

60%

say that making sure their family is not burdened by tough end of life decisions is extremely important,

Yet only

44%

have actually had the conversation and documented desires.
Fear does not stop death, it stops life.
Putting Color into A Dark Subject

Conversation
How do I begin the conversation?
My adult children don't want to talk about my death.

Tools to consider:
The Death Deck
The Conversation Project
40 /70 AARP Workbook

Paperwork
Living Will
Healthcare Power of Attorney
(Agent or Proxy)
MOST /POLST Form
DNR
Five Wishes

Design Your EOL
Flowers every day
Funeral prior to death
Music
Planning your Celebration
Writing Obituary
Writing Letters
Hospice / Death Doula Services
CONVERSATION

PAPERWORK

DESIGNING YOUR EOL

One will not work without the other
How do I inspire you to think differently?

What would it take to lessen your fear?
CAN'T CONTROL

when we die.

MAYBE WE CAN HAVE AN IMPACT ON

how & where we die.
RECLAIMING OUR VOICE

Some things can't be explained in Scientific terms - only by the human experience

We must embrace both in order to care for patients and families at the end of life.

We, as patients, must demand this by reclaiming our voice and communicating our wishes with those that matter most as well as the providers who care for us.
Other Resources

Podcast
A interview based podcast going into its fourth season. Kimberly hosts thought leaders, families, physicians, patients and many others in an effort to provide free information about end of life.

Book
Bridging the Gap is the fifth-teen lessons Kimberly learned at the bedside that changed how she lives and plans to die.

At The Bedside
A monthly webinar that explores those who are at the bedside of those facing end of life.

Why Wait?
A new project in development. A pod-doc-u-series /short film that pushes the boundaries of exploration when you LIVE like your are DYING.
GREATEST LESSON I LEARNED AT THE BEDSIDE

Time is measured differently at the end of life. Time is not measured by length; It is measured by depth.

On the road, I experienced more individuals facing death that fully embracing the living moment. Yet, I also saw individuals without a serious illness dying slowing every day.
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