



A Gentle Guide to Planning Ahead

Created with love by Rhonda Adair Certified End-of-Life Doula Saskatoon, Saskatchewan

Planning ahead for life's final chapter is not about fear. It is one of the most tender and generous gifts you can give your loved ones — and yourself.

When we plan with intention, we replace uncertainty with clarity, and burden with peace. Families can then focus on what matters most: love, presence, and dignity.

Why This Matters: Planning ahead while you are well allows your wishes to be known and honoured. It reduces anxiety for your family, minimizes conflict, and creates space for meaningful connection during your final season.

You don't need a diagnosis. You only need a quiet moment and an open heart.

Five Gentle Steps to Begin

1. **Reflect on Your Values & Wishes:** Find a peaceful moment — with tea, in your garden, or during a quiet walk. Consider:
 - What brings you comfort and dignity?
 - Which treatments align with your beliefs?
 - How do you want to be cared for?
 - What would a peaceful passing look like for you?

This step is deeply personal. There are no right or wrong answers — only your answers.

2. **Choose Your Health Care Proxy:** Select one or two people you trust completely to speak for you if you are unable. Speak with them openly about your values so they feel supported in their role.
3. **Complete Your Saskatchewan Health Care Directive:** This legal document allows you to record your wishes clearly. Take your time — you don't need to finish it in one sitting. Support is available to walk you through it gently.

4. **Have Loving Family Conversations:** Share your wishes with those closest to you. These talks can feel tender at first, but they often become deeply healing. An end-of-life doula can help facilitate these conversations if you wish.
5. **Create Legacy Keepsakes:** Beyond medical documents, consider the emotional gifts you'd like to leave:
 - Handwritten letters to family
 - Voice recordings sharing stories and wisdom
 - Memory books or photo collections
 - Messages about the values you hope to pass on

These become treasured heirlooms of your love.

Starter Checklist

- Reflect on my personal values and end-of-life preferences
- Choose and speak with my health care proxy
- Complete or update my Saskatchewan Health Care Directive
- Share my wishes with family (with support if desired)
- Begin one small legacy project
- Review my plans once a year

Gentle Reminders

- There is no perfect plan — only a loving one.
- Progress matters more than perfection. One step at a time is enough.
- You do not have to do this alone.
- Planning ahead is an act of love that continues giving long after you are gone.

END OF LIFE DOULA SERVICES

I am here to support you with warmth and without pressure. Whether you need help with conversations, completing documents, creating legacy items, or simply having someone steady beside you, I offer compassionate, non-medical guidance across Saskatoon and surrounding areas.

Contact: hello@gracefulendings.ca **Phone:** (306) 491-7378