

## Supplemental Information

# *Voicing* My CHOICES

A Planning Guide for  
Adolescents & Young Adults



# Voicing My CHOICES

**When living with a serious illness** there are often things in life that are out of your control. *Voicing My CHOICES* gives you a way to express something very important – your thoughts about how you want to be comforted, supported, treated, and remembered.

This booklet was developed based on feedback from young people living with a serious illness. There are no right or wrong ways to answer the items in *Voicing My CHOICES*. You can complete as much or as little of this booklet as you would like. There are boxes to check if you agree with certain items, and there is also space to express your thoughts in your own words.

At the end of the booklet, there are some blank pages. On these pages, feel free to share any

additional thoughts and wishes not covered in this booklet. You can also use these pages to write a letter(s) to friends or family members.

Please keep in mind that the topics covered in this book can sometimes be difficult or confusing to think about. Your healthcare providers are available to help explain terms and/or procedures that you may not understand or may have questions about.

Additionally, there is a glossary of terms that may provide clarification for you on page 15. Any term **underlined in blue** throughout this booklet is defined in the glossary.

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