

Reverie

Statement of Wishes and Preferences

at the end of life

How to use this document

This short form records what matters most to you, so whatever happens, the people looking after you know what you want. It takes about 20 minutes. Skip anything that doesn't apply and come back to it later.

It is not a legal document. It guides your family, carers and doctors, but it doesn't replace a will, a *testamento vital* (advance directive) or a power of attorney, which a lawyer can help you put in place.

When you've finished, give a copy to the person who will speak for you. In Portugal a funeral generally has to take place within about 72 hours of death, so the people who will act need to know your wishes before they are needed.

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1 About you and the people who matter

Name the people who matter and who you trust to speak for you if you can't.

QUESTION	YOUR ANSWER
Your name and where you live	
Languages you want your care in	
Who you trust to speak for you if you can't (name and phone)	
A back-up person to the previous entry	
Additional people and what roles you want them to have	
Anyone you don't want involved in your care or decisions	

2 Living and Dying Well

What makes life good for you now and what would make it good near the end. Talk to your doctor about any medical treatment wishes, including resuscitation, since the legal route in Portugal is the testamento vital.

QUESTION	YOUR ANSWER
What makes a good day for you?	
Where would you like to be as death approaches (home, hospital, hospice, somewhere else)?	
Who do you want with you?	
Comforts you'd like around you (music, scents, readings, pets, light, silence)	
Spiritual, religious or cultural wishes	
Anything you would not want (treatments, people, places, ways of being cared for)	

3 After Death

Say what should happen to your body and how you'd like to be remembered. Check with a local funeral director or lawyer what is possible where you live.

QUESTION	YOUR ANSWER
Burial, cremation or something else?	
Organ or tissue donation (yes, no, or discuss with my doctor)	
The kind of funeral or ceremony you'd like, and where	
Music, readings, clothes, flowers, who should speak	
Where ashes or a grave should be, if you have a preference	
Who should be called first, and in what order	
Anything you'd like people to do, or not do, to mark your death	

4 Legacy and Paperwork

Note what you want to pass on and where your important documents are, so nobody has to search for them.

QUESTION	YOUR ANSWER
Belongings with special meaning, and who should have them	
Who will look after pets or dependants	
Your phone, email and social media accounts: keep, memorialise or close?	
Where your important papers are (will, *testamento vital*, passport, insurance, bank details)	
Where your will is held, and which country's law it follows	
Words you'd like to say to the people you love	

5 Confirmation

These are my wishes as stated on the date below. I will review them once a year, or after any big change in my health or life.

QUESTION	YOUR ANSWER
Where this form is kept	
Who has a copy	
Completed with support from (optional)	

SIGNATURE

DATE

NEXT REVIEW DATE