

**Why Thanksgiving is a good time to have a conversation about health care decisions**

It's a challenge because nobody likes to bring these things up. Nobody wants to talk to mom about "what do you want mom if you get really sick or if you're dying?" Mom's often will bring it up and will say to their kids things like "I have some important things that I need to discuss with you and now's a good time to do it." :26

**What should be discussed?**

When you have more than one family member you have more than one opinion on what the right thing to do is, and who should make that decision is actually the patient themselves. But if they can't communicate it then who knows what they would say and have that conversation around "if I'm sick, this is how I want you to make decisions for me." And to the other siblings, "this is who I want making those decisions, listen to them." Or maybe it might be I want you all to agree but here's how I want you all to think about it. :40

**Crisis bad time for these conversations**

Crisis decision making is the worst time. You're not thinking clearly, there's too many emotions going on, it brings up a lot of old issues and baggage that may not even be relevant but at the time it feels so very important to this individual that their voice heard. If you've got those things designated ahead of time the conversations can still be difficult but at least you know where the loved one is in those conversations. :36

**Don't be afraid of having the conversation**

The most important thing is not to be afraid of it. That talking about these things doesn't make them happen, that it does not create fear and anxiety so much as when it's done it's actually a relief - thank goodness we were able to talk about this - and it actually brings families closer together and isn't that what the holidays are all about. :27