**Letter from Mom**

A letter from a mom to her adult child about making health care decisions

Don’t Panic – it’s ok.

If you are faced with a decision that you’re not ready for, it’s ok. I’ll try to let you know what I would want for various circumstances, but if you come to something we haven’t anticipated, it’s ok.

And if you come to a decision point and what you decide results in my death, it’s ok. You don’t need to worry that you’ve caused my death. You haven’t. I will die because of my illness or my body failing or whatever. You don’t need to feel responsible.

Forgiveness is not required but if you feel bad/responsible/guilty, first of all don’t and second of all, you are loved and forgiven.

If you’re faced with a snap decision, don’t panic – choose comfort, choose home, choose less intervention, choose to be together, at my side, holding my hand, singing, laughing, loving, celebrating, and carrying on. I will keep loving you and watching you and being proud of you.