

# CARE PREFERENCES

NOT A MEDICAL ORDER

## READ BEFORE ACTING ON THIS DOCUMENT

This summary is a conversation tool, not a legally binding instrument. Emergency responders and hospitals follow the official form signed by the patient's doctor, not an app-generated summary.

Bring this to a physician visit to help complete the correct legal form. Keep the signed legal form in an accessible location; leave this summary as preparation notes.

For: Eleanor Whitfield

Generated August 15, 2026

---

### SeniorThrive

Independence at home. Strength together.

[seniorthrive.com](https://seniorthrive.com) · [seniorthrive.com/privacy](https://seniorthrive.com/privacy)

CARE PREFERENCES: NOT AN ADVANCE DIRECTIVE · Generated August 15, 2026

## If my heart stops

---

Limited intervention

## How much medical treatment I want

---

Selective Treatment

## Artificial nutrition and hydration

---

Yes, but only a trial

### Notes

Try it if there is a real chance of coming back from it. If there is not, I would rather be comfortable.

## Organ donation

---

Yes, for some things

### Notes

Corneas and tissue. Nothing that would delay the funeral.

## Pain management

---

Okay with meds that might make me drowsy  
depends

Non-medication approaches that help

Heat on my knees. The window open. Someone reading out loud is better than the television.

Religious / personal considerations

I would like the minister from St. Anne to visit, but I do not want a fuss made.

---

### SeniorThrive

Independence at home. Strength together.

[seniorthrive.com](https://seniorthrive.com) · [seniorthrive.com/privacy](https://seniorthrive.com/privacy)

CARE PREFERENCES: NOT AN ADVANCE DIRECTIVE · Generated August 15, 2026

## If I can't make decisions later

---

Where I would want to live

At home, as long as possible

Who should make decisions if I cannot

Claire, and I have told my son so he is not surprised.

What would change the plan

If I stop recognizing Claire, or if I am not safe on the stairs even with help, then it is time and I do not want anyone to feel guilty about it.

## Daily care preferences

---

Mobility and movement

I would rather be helped than carried. Ask me before you move me.

Spiritual / religious practices

Quiet. No hymns at the bedside.

## Doctor Conversation Guide

---

Bring this PDF to your next appointment and ask:

1. "Do my notes match the official form? If not, what would change?"
2. "Can we fill out the official form together today?"
3. "Where should the signed form live, and who should have copies?"

### Completion context

Completed on my own. (Filled this in on my own, at the kitchen table, over two afternoons.)

---

### SeniorThrive

Independence at home. Strength together.

[seniorthrive.com](https://seniorthrive.com) · [seniorthrive.com/privacy](https://seniorthrive.com/privacy)

CARE PREFERENCES: NOT AN ADVANCE DIRECTIVE · Generated August 15, 2026