



Family Worksheet

Self Assessment

Rate each statement from 1 (Strongly Disagree) to 5 (Strongly Agree).

The hospice team takes time to answer my questions.

1 2 3 4 5

I understand what physical changes to expect.

1 2 3 4 5

Medications have been clearly explained.

1 2 3 4 5

I know who to contact with concerns.

1 2 3 4 5

I feel supported during difficult moments.

1 2 3 4 5

Time — Protected Presence

Do visits feel rushed or steady? Explain.

What moments have felt most meaningful?

What questions do you still need answered?

Advice for Families:

Hospice visits should feel calm, unhurried, and focused on your loved one's comfort and your understanding of what to expect. If visits feel rushed or you leave with unanswered questions, it is okay to speak up and ask for clarification or additional support. Meaningful care often happens in simple moments — listening, reassurance, and presence. Your concerns, observations, and questions are an important part of the care team's ability to provide the best possible support.

Training — Preparation & Confidence

What changes worry you most right now?

Do you feel prepared for what may come next?

What explanations would help you feel more confident?

Advice for Families:

It is normal to feel uncertain or unprepared as your loved one's condition changes. Hospice teams are there not only to provide medical care but also to explain what to expect and how to respond. No question is too small or too late. Asking for clear explanations can reduce fear and help you feel more confident in caring for your loved one.

Transparency — Clarity & Culture

Do you feel comfortable asking difficult questions?

Is communication clear and consistent?

What would help you feel more supported?

Advice for Families:

You have the right to clear, honest information about your loved one's condition and care. If something feels confusing, inconsistent, or concerning, it is okay to ask questions or request clarification. Hospice teams want to support you, not overwhelm you. Open communication helps ensure care aligns with your loved one's needs and your family's wishes.

Final Reflection & Action Steps

What matters most to you in the coming days?

What does comfort mean for your loved one?

What would help you feel at peace with the care being given?

Advice for Families:

There is no single “right” way to navigate this time. Focus on what feels most meaningful for your loved one and for you — comfort, presence, connection, or closure. Share these priorities with the hospice team so care can reflect what truly matters. Small moments of peace, reassurance, and togetherness often become the most important ones.