

## Goals of Care worksheet-reframing

Preferences Narrative based	Developmental skills/ synthesis Identify Interpret validate	Developmental tasks in old age; Late life/ near death reframe	Prioritize/ rank preferences with realistic goals of care
What are your goals for the next 30 days? 90 days? One year? What would give you the most joy? Meaning?	Mastery  Resilience  Inter- Dependence and legacy	Autonomy, self care, function: ADL IADL AADL Taking hold of the willingness to deal with life completion Coming to terms with mortality Contemplative practice Self-acceptance Saying goodbye Blessings Life repair Review, completion Forgiveness, harvesting Reconciliation, healing Reframing meaning and purpose, re-engaging Transmission and legacy Being with dying transcendence	

## De-prescribing: a modest proposal using AGS and AAFP guidelines; modified from Dr. Barbara Messinger

Barriers: Symptom burden, syndromes, negative social determinants	Medication/ Evidence based Treatment choices	Disease/Diagnosis	Goals of Care: List worksheet ranked preferences Realistic goals
Assess and prioritize symptom burden, side effects syndromes barriers to GOC	Easy targets Complex targets	prognosis	
	Drug syndromes cascades		clarify with realistic goals
	drug-disease		Validate/empathize
Align barriers with goals of care	Time to benefit Number needed to tx		prioritize
Build consensus	Select and negotiate	Re-assess in timely manner	