

DON'T PANIC - IT'S OK

Written during an early Conversation Project meeting
by Karen Boudreau, MD, Senior Vice President, IHI
Letter to her Family

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.

Karen Boudreau