

Don't Panic – It's OK

A Letter to My Family

By Karen Boudreau, MD

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.