

# 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, being, celebrating, and carrying on. I will keep loving you and watching you and being proud of you.

Kam Boudreau