

Published on *VirginiaNavigator* (<https://virginiannavigator.org>)

## [Conversation Starter Guides: When it comes to end-of-life care, talking matters](#)

The Conversation Project has new [Conversation Starter Guides](#) available to help you have "the conversation" with the important people in your life about future health care needs including end-of-life care.

Check out the guides on these topics:

- Your Conversation Starter Guide
- Your Guide to Choosing a Health Care Proxy
- Your Guide to Being a Health Care Proxy
- Your Guide for Talking with a Health Care Team
- What Matters to Me Workbook
- For Caregivers of People with Alzheimer's or Other Forms of Dementia
- For Caregivers of a Child with Serious Illness
- Being Prepared in the Time of COVID-19

[View and download the guides](#) in English, Spanish, and Chinese. You can also get answers to Frequently Asked Questions.