



*Dessert First: Preparing for
Death While Savoring Life*

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Who are we?

*Why Stories
Matter*





*Death is 100%
certain*

- **Planning for it is the best gift we can give others**

Why ...
Dessert First?

*Priorities:
A joyful life =
A joyful death*



The Approach: Sweeten Up Tough Talks

Framework:

- *What does it mean *to live well and die well*?
- *How do we do that?

- *What, when, and where are care *gaps*?
- *What, where, and when are care *gates*?

The Red Notebook

Obstacles and Opportunities

OUR UNIQUE ROLE: PROVIDING SAFE AND BRAVE SPACE WHILE BEING EQUIPPED WITH CARE COMPETENCIES AND OFFERING OTHERS PERMISSION TO PLAN.

RESOURCES: MAKING CONVERSATION AND DECISIONS ACCESSIBLE

SELF-CARE: MAKE SPACE FOR OURSELVES



Obstacles and Opportunities

CULTURE: THE “LIVING ROOM” MEETS COVID 19 (SEE *DESSERT FIRST* CHAPTERS SIX-NINE)

PREPARATION: SILVER TSUNAMI MEETS COVID-19 (SEE *DESSERT FIRST* PAGES 115-140)

SUPPORT: THE GRIEF TRAIN (SEE *DESSERT FIRST* CHAPTER SIX)

CONVERSATION: STARTING, MAINTAINING, CARING



Tools for Conversation and Care

Tools

- THE RED NOTEBOOK
- DR. B.J. MILLER + [ZEN CAREGIVING PROJECT](#)
- [THE EVERYTHING HAPPENS PODCAST WITH DR. KATE BOWLER](#)
- [“DEATH OVER DESSERT” MODEL \(BASED ON THE DINNER PARTY AND DEATH CAFÉ\)](#)
- [HELLO GAME, FIVE WISHES, AND CANOPY TOOLS](#)
- [THE CONVERSATION PROJECT](#)

My Questions for You:

How are you preparing for death in order to savor life?

What did you do yesterday?

What are you doing today?

What will you do tomorrow?

Keep Touch

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