

Voicing My Choices - End of Life Choices for Adolescents and Young Adults



Chamberlain University

NR 579

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This assignment is designed to help us learn and grow as providers. It involves reaching out and discussing end-of-life issues with an adolescent or young adult who is not currently experiencing a life-limiting disease. The benefit of this scenario is that we can address these concerns without the additional stress of the interviewee being ill. Life-limiting disease in young people remains an unfortunate fact of life and as noted by Cousino et al, adolescents and young adults (AYA) prefer to be actively involved in decisions about their care, with emphasis on patient-led discussion and decision-making that is specific to their disease process and management (Cousino et al., 2023).

For this assignment, I interviewed Kaila, a 24-year-old daughter of a long-time friend. I have known Kaila since she was a toddler. Kaila has had some difficult life experiences and there was some downstream effect of this revealed in her responses to the Voicing My Choices document.

The Interviewee

Kaila started out life a bit on the rough side. Her parents were told that she was unlikely to survive long after birth, but she fooled them and became a strong young woman. She has experienced the death of her aunt, who passed from complications of multiple sclerosis. She also experienced sexual abuse at the hands of a cousin. At home Kaila helps to care for her grandmother who is struggling with sequellae from a previous CVA. However, Kaila is also still a young woman with a bright personality, a love for computers, animals and her family. She currently lives at home, partially due to expenses but also because her grandmother requires the care of both Kaila and her mother.