



# THE STRENGTH OF OUR PEOPLE

## It's Okay Dad, I Get It

Spencer had struggled with a chronic illness for many years. He was in denial and did not take his medications properly. He often ended up in intensive care. Spencer moved in with his grandmother so she could care for him.

After much discussion Spencer wrote down his final care wishes, in the My Voice book. He knew his family would have difficulty accepting his wishes.

Spencer did not want to return to intensive care.

When the end was near, Spencer's teen daughter was upset. As Spencer could no longer speak for himself, his grandmother read his written wishes to the family gathered by Spencer's bedside. His daughter took her father's hand in hers and said, "It's ok dad, I get it."

*Native Heath Educator*



## Our Values in Action