

# TED Talk

## B.J. Miller: *How Can We Prepare for a Graceful Death?*



## End in Mind

1. BJ Miller discusses how healthcare is designed with diseases at its center, not people. The premise of the TED Talk is to find ways to redesign or rethink the way we as society approach healthcare. If you have had experiences where healthcare has put people at its center, please share. If you have some options to how we might treat healthcare with a more human-centric mindset, please share how we might approach the whole person instead of just a disease or treatment.
2. Discuss what it means to be a patient in its root definition: One who suffers. What suffering have you encountered in your life? How have you brought yourself to feel alright, what art, music, or comedy has helped you feel less suffering? What have you experienced as the result of caregiving or from caregiving yourself? Has it changed your perspective on human-nature?
3. Miller discusses his Zen Hospice Project during this talk and contrasts the way they “usher in grief with warmth rather than repugnance.” In this contrast with the somewhat antiseptic approach to most hospitals, what was your reaction to hearing about the Zen Hospice Project? What made you feel at ease about their process, and did anything make you uncomfortable?
4. Miller is a palliative care doctor, which means his role isn't just to treat people who are in hospice or nearing death, rather he cares for patients who have life-long illnesses and helps them live their fullest life. When we think about chronic illness and an increase in lifespans for future generations, how will palliative care doctors play a role?
5. The three ways Miller suggests we start redesigning healthcare are listed below. Consider going through each and discussing some actions healthcare professionals, caregivers, and patients might be able to improve each:
  - a. Tease unnecessary suffering out of the system
  - b. Tending dignity by way of the senses, by way of the body
  - c. Lift our sights, set our sights on well-being so that life and health and healthcare can become about making life more wonderful - BENEFICENCE