



# What Matters Most to Me

## Preparing for **Conversations** About **My Health**

Wishes of: \_\_\_\_\_

Written by: \_\_\_\_\_

Date: \_\_\_\_\_

Vancouver Coastal Health (VCH) and Providence Health Care (PHC) encourage people, particularly those living with a serious illness, to voice their wishes in conversations with their health care providers about their care. We provide these questions below for you to think about and share with your primary care provider or discuss with the health care team if you visit a hospital for care. You are also encouraged to consider completing your advance care plan.\*

This is my understanding of my current health condition(s):

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I want more information about what is likely ahead with my health condition:

Yes  No

Some questions I have about my health condition include:

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These are my most important goals as I live with my health condition:

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These are my biggest fears and worries about the future with my health:

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This is what gives me strength as I think about my future with my illness:



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These are abilities in my daily life that are critical to me and that I cannot imagine living without:

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If my health were to worsen, this is what I would be willing to go through for the possibility of more time (for example: tests, treatments, hospital stay, etc.):

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It is important to share these thoughts with your loved ones, family and/or friends, so your wishes are known by others. These family members/friends are aware of my wishes:

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These questions are intended to help you prepare for conversations with your health care provider and/or family members and friends. These questions are also an important part of advance care planning - thinking about and sharing your wishes for care in the future if you can no longer speak for yourself.

I have documented my wishes in an advance care planning document  
 Representation Agreement  
 Advance Directive  
 Other: \_\_\_\_\_



You are invited to provide a copy of this, and your other advance care planning documents, to your care team.

\*For information about Representation Agreements, Advance Directives and other aspects of advance care planning please visit [www.vch.ca/acp](http://www.vch.ca/acp).



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The information in this document is intended solely for the person to whom it was given by the health care team.  
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