



# 最重要的事情



帮助老年人决定什么最适合自己



PalliativeCare  
AUSTRALIA

[www.dyingtotalk.org.au](http://www.dyingtotalk.org.au)

此为通过澳大利亚安宁疗护协会开展的“死亡讨论”(Dying to Talk)项目  
本项目由澳大利亚政府通过痴呆症和老年护理服务基金资助。



# What Matters Most



Supporting older people to  
work out what is right for them



PalliativeCare  
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[www.dyingtotalk.org.au](http://www.dyingtotalk.org.au)

A *Dying to Talk* initiative of Palliative Care Australia

This project was funded by the Australian Government through the Dementia and Aged Care Services Fund.

## 说明

1. 将卡片分为以下三叠：“非常重要”、“有些重要”和“不重要”。
2. 使用空白卡片写下这些卡片上未列出但对您重要的事情。
3. 从“非常重要”的一叠卡片中, 选择3—5张对您最重要的卡片。
  - 4a. 写下为什么您选择的这些卡片对您最重要。
  - 4b. 跟家人、朋友、医生或老年人护理工作人员谈谈您选择的这些卡片。

## **Instructions**

- 1. Sort the cards into three piles: very important, somewhat important and not important.**
- 2. Use the blank cards to write down anything important to you that was not listed on the cards.**
- 3. From the very important pile, choose 3-5 cards that are the most important to you.**
- 4a. Write down why the cards you chose are the most important to you.**
- 4b. Talk with your family, friends, a doctor or your aged care staff about the cards you have chosen.**



## 免责声明

澳大利亚安宁疗护协会“最重要的事情”卡片游戏参考了 Archstone基金会制作的Coda Alliance's Go Wish卡片游戏, 在此敬表谢意。



**PalliativeCare**  
AUSTRALIA

## **Disclaimer**

**Palliative Care Australia respectfully acknowledges that the What Matters Most card game was guided by Coda Alliance's Go Wish card game developed with the Archstone Foundation.**



最重要的事情

# 度假





What Matters Most

# Going on a holiday







最重要的事情

# 播放我喜爱的音乐





What Matters Most

# My favourite music playing





最重要的事情

# 呼吸新鲜空气





What Matters Most

# Access to fresh air





最重要的事情

# 到外面去





What Matters Most

# Going outside





最重要的事情

# 生活品质





What Matters Most

# Quality of life







最重要的事情

# 在我选择的 地方接受护理





What Matters Most

# Being cared for in the place of my choice





最重要的事情

# 谈论我的恐惧和担心





What Matters Most

# Talking about my fears and worries





最重要的事情

# 保持独立, 尽可能久

这可以包括:

- 自己进食
- 自己穿衣
- 自己淋浴
- 自己上厕所



**What Matters Most**

# **Being independent for as long as possible**

**This could include:**

- To eat without assistance**
- To shower myself**
- To dress myself**
- To go to the toilet by myself**



最重要的事情

# 订立合法遗嘱， 规定遗产留给谁





What Matters Most

**Having a legal will  
that says who I want  
to leave my things to**







最重要的事情

# 成为器官和组织捐赠者





What Matters Most

# Being an organ and tissue donor





最重要的事情

# 获得有关我的护理 和治疗的信息并参与 做出决定





What Matters Most

**To be informed and  
involved in decisions  
about my care and  
treatment**





最重要的事情

# 遵照我的文化、宗教或精神习俗

这可以包括：

- 回到一个具有重要意义的地方
- 请牧师到场
- 在去世24小时内安葬





**What Matters Most**

# **Following my cultural, religious or spiritual practices**

This could include:

- **Returning to a significant place**
- **Having a priest or minister present or called**
- **Being buried within 24 hours of passing away**



最重要的事情

# 与朋友和家人在一起

这可以包括：

- 有机会告别
- 与他人和好
- 不要孤单一人





What Matters Most

# Being with friends and family

This could include:

- Having the chance to say goodbye
- Making amends with someone
- Not being alone







最重要的事情

# 不接受重症医疗干预

这可以包括：

- 不接受抢救
- 不接通机器
- 不进重症监护室(ICU)
- 不离开家去接受治疗



## What Matters Most

**Not receiving intensive medical intervention**

**This could include:**

- **Not being resuscitated**
- **Not being connected to machines**
- **Not being in intensive care (ICU)**
- **Not leaving my home to receive treatment**



最重要的事情

# 疼痛和症状得到管理





What Matters Most

# My pain and symptoms managed





最重要的事情

# 家人和朋友不必照顾我





What Matters Most

# My family and friends not having to look after me





最重要的事情

**接受所有可以获得的  
治疗, 即使这些治疗让  
我感到难受**





What Matters Most

**Receiving all  
available treatments,  
even if they make me  
feel sick**







最重要的事情

# 确保我的家庭得到支持





What Matters Most

# Ensuring my family are supported





最重要的事情

# 移交我的责任





What Matters Most

# Handing over my responsibilities





最重要的事情

# 确保我的宠物/ 动物得到照顾





What Matters Most

# Ensuring my pets/animals are looked after





最重要的事情

# 回家或造访 一个特别的地方





What Matters Most

# Visiting home, or a special place







最重要的事情

# 在一个特别的地方 举行葬礼





What Matters Most

# Having my funeral in a special place





最重要的事情

# 做出健康决定时 有人陪我一起





What Matters Most

# Having someone with me when making health decisions





最重要的事情

# 在经济上不依赖任何人





What Matters Most

**Not being financially  
reliant on anyone**





## 最重要的事情





## What Matters Most







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