



# What Matters Most



Supporting older people to work  
out what is right for them



[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.

## 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.



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.

Going on a holiday

My favourite music  
playing

Access to fresh air

Going outside

Quality of life

Being cared for in the  
place of my choice

Talking about my fears  
and worries

# 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

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

Being an organ and  
tissue donor

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

# Following my cultural, religious or spiritual practices

This could include:

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

# Being with friends and family

This could include:

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

# 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

My pain and symptoms  
managed

My family and friends  
not having to look  
after me

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

Ensuring my family are  
supported

Handing over my  
responsibilities

Ensuring my  
pets/animals are  
looked after

Visiting home, or  
country, or a special  
place

Having my funeral  
on country or in a  
special place

Having someone with  
me when making  
health decisions

Not being financially  
reliant on anyone