

Working out what's right for you



A *Dying to Talk* initiative

This study is funded by the Australian Government
through the Dementia and Aged Care Services Fund



PalliativeCare
AUSTRALIA

Instructions

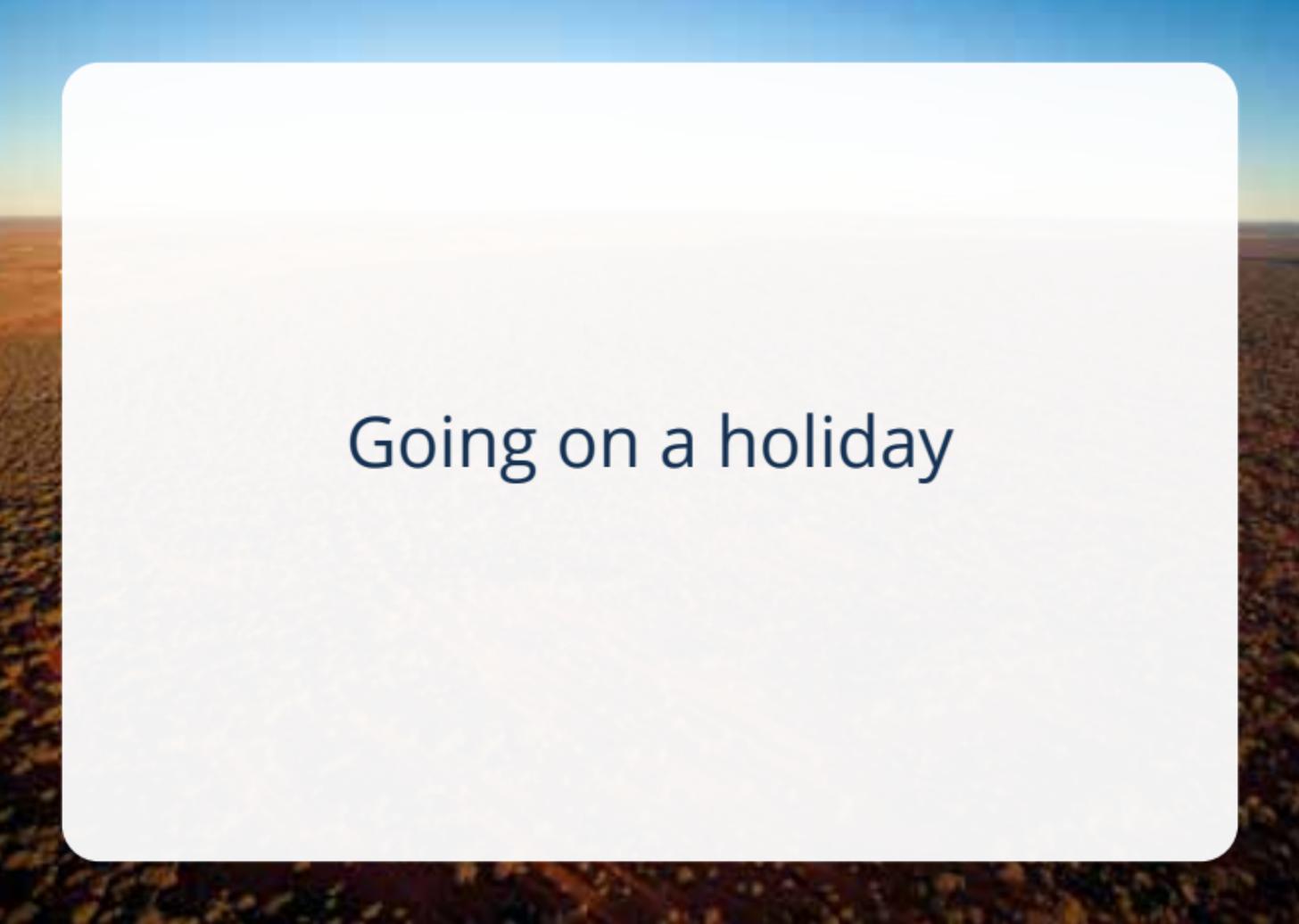
1. Open the set of cards.
2. Sort the cards into three piles: very important, somewhat important and not important.
3. Use the blank cards to write down anything important to you that was not listed on the cards.
4. From the very important pile, choose 3–5 cards that are the most important to you.
 - 5a. Write down why the cards you chose are the most important to you.
 - 5b. Talk with your loved ones or a health professional about the cards you chose and why.



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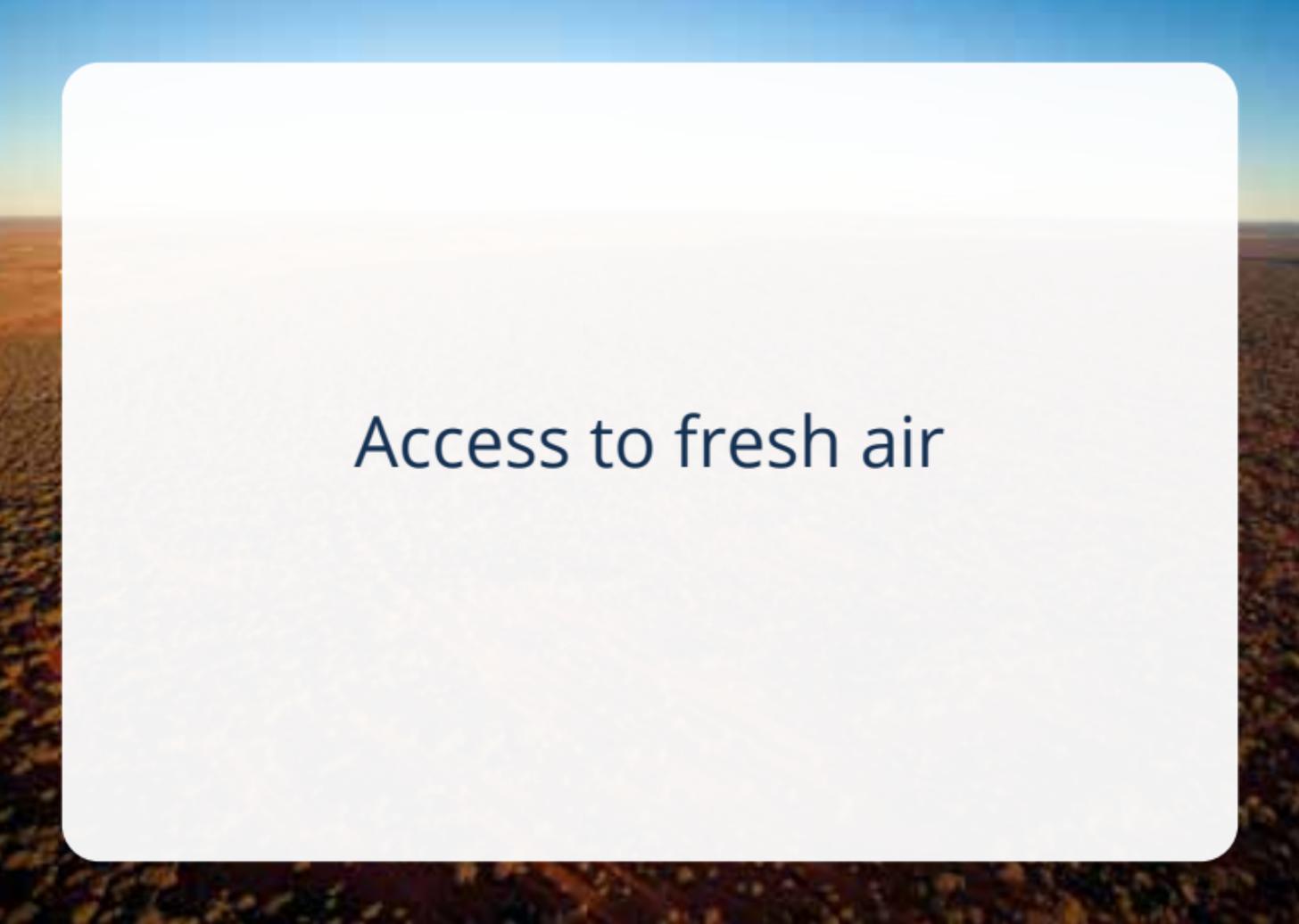
Disclaimer

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.

The image features a white rounded rectangle centered on a background of a desert landscape. The landscape shows a vast, flat, brownish-orange ground extending to a horizon under a clear blue sky. The white rectangle has rounded corners and contains the text "Going on a holiday" in a dark blue, sans-serif font.

Going on a holiday

My favourite music playing

A white rounded rectangle is centered on a background of a desert landscape. The landscape features a flat, brownish ground extending to a horizon line under a clear blue sky. The text "Access to fresh air" is written in a dark blue, sans-serif font within the white rectangle.

Access to fresh air

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

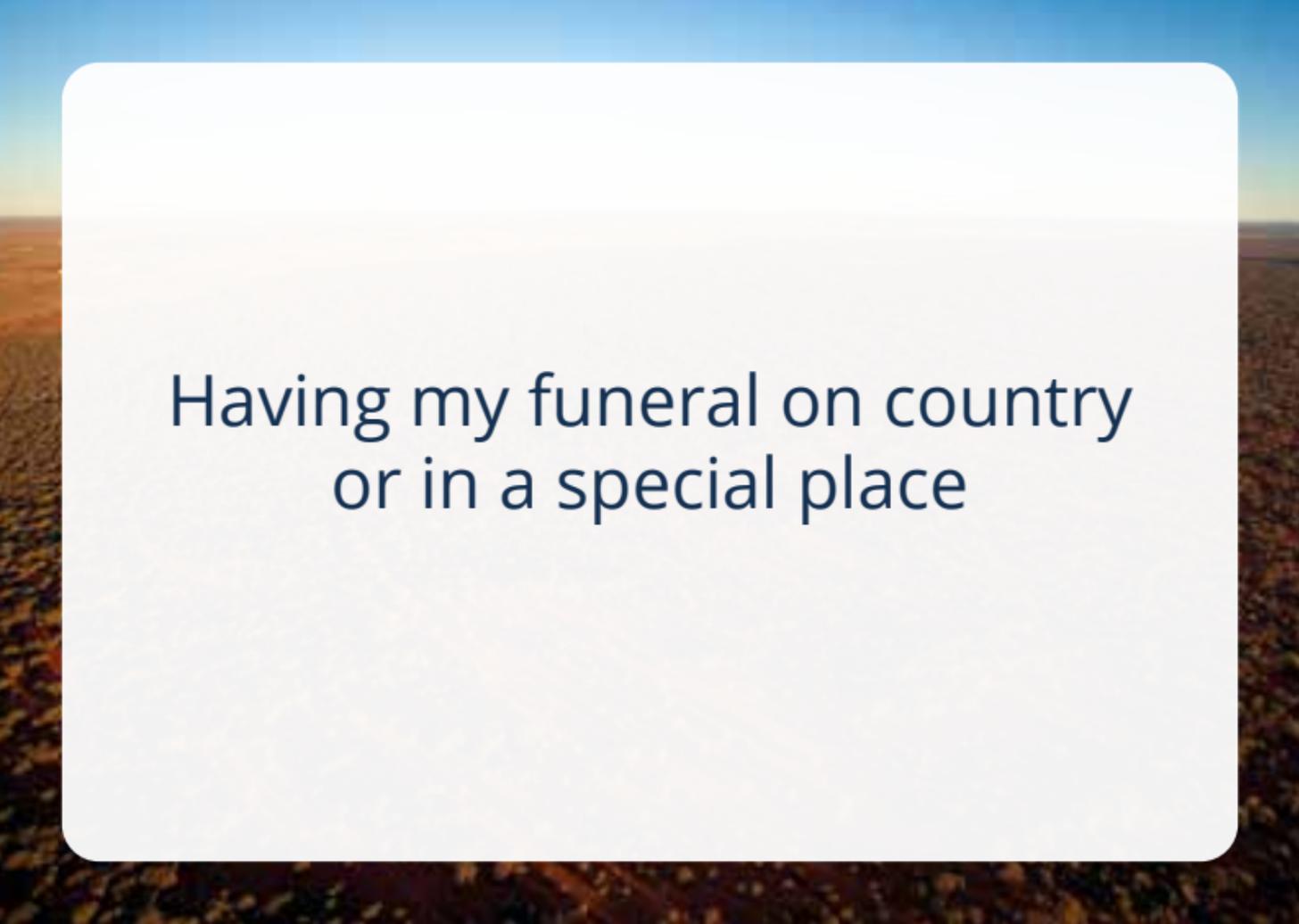
Receiving all available
treatments, even if they make
me feel sick

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

Traditional Medicine

Not being financially reliant
on anyone

