



Include your chosen carer in shared decisions about care and treatment

Your Values
Your Beliefs
Your Culture

Think about what is important to you...

- ✓ Health
- ✓ Family
- ✓ Friends
- ✓ Pets
- ✓ Work
- ✓ Income
- ✓ Bills
- ✓ Appointments
- ✓ Commitments
- ✓ Returning Home
- ✓ Living Situation
- ✓ Spirituality
- ✓ Culture
- ✓ Feelings
- ✓ Yarning
- ✓ Other...



What matters to you?

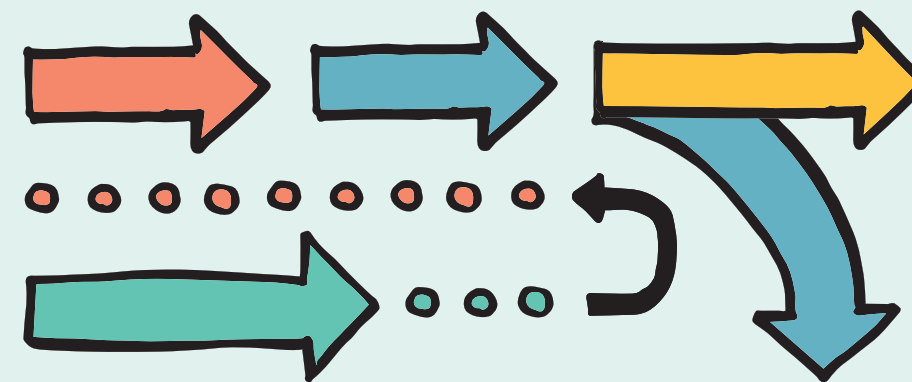
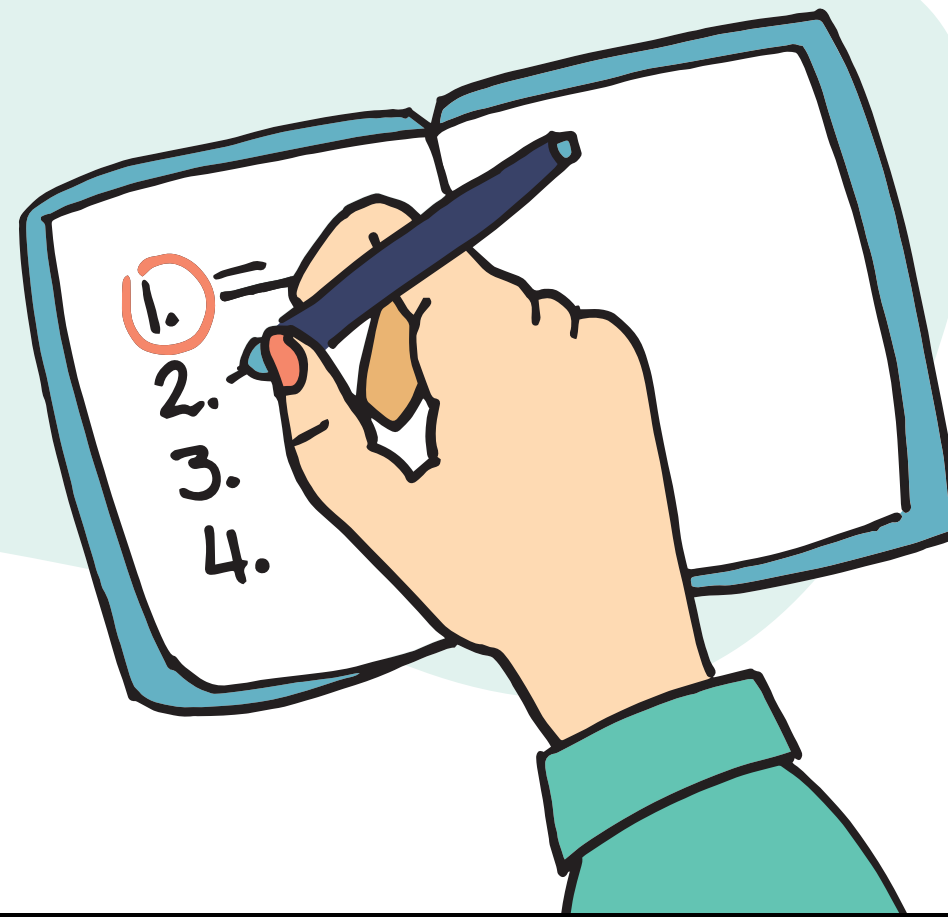
“The exploration of what is most important to a person, including their values and beliefs, in preparation for healthcare decision-making.”

(Myers et al, 2018)



Ask, Listen, Act
Know your healthcare team

You can have several goals



Goals can change along the way

Keep a record and celebrate your progress



This document has been reviewed and endorsed by consumers.



© Department for Health and Wellbeing, Government of South Australia. All rights reserved. Developed by Goals of Care Steering Group, June 2022. Updated November 2022. Next review November 2024.