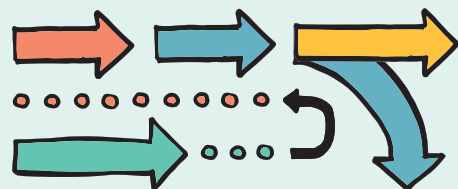


### Think about what is important to you...

- ? Health
- ? Family
- ? Friends
- ? Pets
- ? Work
- ? Income
- ? Spirituality
- ? Culture
- ? Returning Home
- ? Living Situation
- ? Feeling safe
- ? Yarning

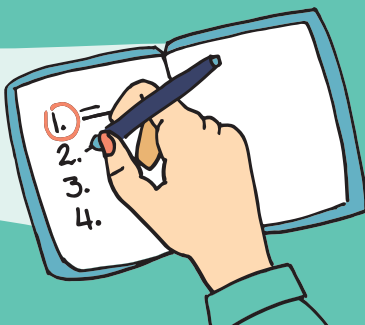


Your goals of care can change along the way



Keep a record and celebrate your progress

You can have several goals



For a quality conversation, the length of time is not as important as

**the compassion, and the human connection it makes**

Take some time to talk about **'what matters' and 'what's important'**



Don't be afraid of silences or pauses, **they can be just as important as words**

# What matters to you?



A handy guide for caring conversations with your health care team

## What matters to you?

[www.sahealth.sa.gov.au/SALHN](http://www.sahealth.sa.gov.au/SALHN)



<https://creativecommons.org>



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**Conversations  
can take  
40 seconds...  
or 40 minutes**

## What are Goals of Care?



**Your Values  
Your Beliefs  
Your Culture**

**Include your chosen  
person in decisions  
about your care**

**Ask, Listen, Act  
Know your  
healthcare team**



Here are some ideas to guide  
your caring conversation...



**About you**

**Together**

### Introduction – Who, person, team

- I am (who am I?)
- Who is important to me?
- Who is on my team?
- I would like...

- Team and patient/carer introductions
- Ward orientation
- Advance Care Directive, persons responsible / substitute decision maker

### Feelings

- How am I feeling?

- Connect
- Supports

### Plan

What's our plan?

- I want information...
- I want time to think about my options / choices
- My decisions are informed
- My Goals of Care are holistic
- My Goals of Care are... (values, beliefs, wishes)
- Nothing about me without me
- What matters to me

- Understanding information benefits/risks
- Consider timing
- Making a plan together
- Setting Goals of Care together
- Checking we are on the same page, moving in the same direction and sharing
- Planning expected discharge date

**About you**

**Together**

### Review

Check-in cycle

- How am I doing?
- What is happening today?
- Am I getting better?

- What have we achieved?
- Are we getting everything right?
- Are we progressing as expected?
- What do we expect is next?
- Patient and carer meeting
- Updating and understanding information – benefits/risks

### Transition

Where to next?

- What happens now?
- Who will look after me?
- If I have questions, who can I ask?
- What happens with my care when I get home? (medicines, support services)

- What is our plan?
- Who is involved now?
- Do they know our plan?
- Our plan in your hand

