

Think about what is important to you...

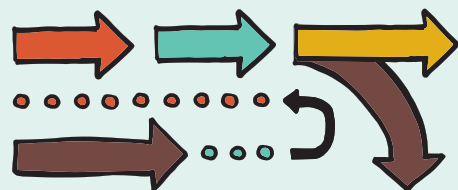
- ? Health
- ? Family
- ? Friends
- ? Pets
- ? Work
- ? Income
- ? Spirituality
- ? Culture
- ? Returning Home
- ? Living Situation
- ? Feeling safe
- ? Yarning



It doesn't have to be a long yarn...
connection makes a difference



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



Your goals of care can change along the way

You can have several goals



What matters to you?



A handy guide for yarning with your health care team

What matters to you?

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 carer
in decisions
about your care**

Ask, Listen, Act
Know your
healthcare team



**Here are
some ideas
to start your
yarn...**

About you

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

What do I want to know about my care?

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

Feelings

- How am I feeling?

Checking in on me

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

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)