

# What matters to you?



## My Goals of Care Planner

Use this planner to record your Goals of Care, which you can share with your healthcare team.

Name

Date

### About me

What matters to me?

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Who is important to me?

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### How I am feeling



My worries or concerns are:

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### My healthcare goals



Today / now:

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Tomorrow / later:

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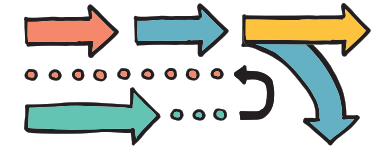
Future / after treatment:

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**IT'S OKAY:** Goals can change along the way

### I'd like to find out...

I'd like to find out more from my healthcare team about...

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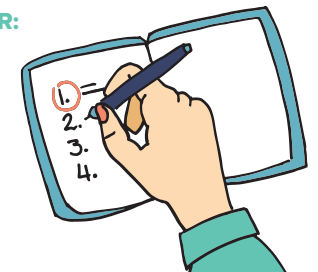
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**REMEMBER:**  
You can have several goals



# FAQs

## Who uses this document?

This document is yours, and has questions to help you think about what's important to you.

What's important to you might change and you may fill out this template multiple times. You may fill out this template with family, a friend, or your chosen person.

## How does this help my healthcare?

Telling your healthcare team what's important to you will improve your care.

Writing it down will help you remember and communicate it to your team.



Include your chosen person in shared decisions about care and treatment



## 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.”

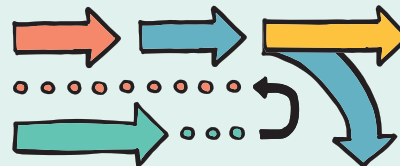
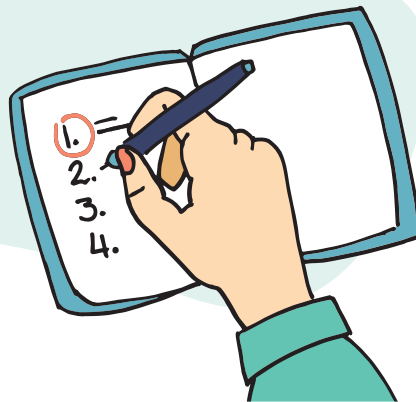
(Myers et al, 2018)

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

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



You can have several goals



Goals can change along the way



Ask, Listen, Act  
Know your healthcare team

Keep a record and celebrate your progress



This document has been reviewed and endorsed by consumers.



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