

These questions will help you think about what matters most to you for your health care and personal care. You can write down your answers, then talk about them with your family and friends. Thinking about, then sharing what matters most to you with the people you trust is an important part of planning for your future care. To learn more, visit: bc-cpc.ca/acp.

1. What is something that always makes you smile?

2. What activities or routines make your day enjoyable? It can be things that you do alone or with other people.

3. What book, movie, piece of music, or artwork is meaningful to you, and why?

4. What is something you would like to do or experience in the future?

5. Are there cultural or spiritual practices that are important to you? If so, what are they?

6. What aspects of caring for your appearance and grooming are most important to you?

7. What does quality of life mean to you?

8. Think about what is more important to you – the length of your life or the quality of your life? What comes to mind when thinking about this question?

9. When you have to make decisions, who do you talk things over with?

10. How would you start a conversation with family or friends about changes in your health?

11. If someone had to make health-care decisions for you, what characteristics would you want this person to have?

12. If you were unable to make health-care decisions for yourself and someone else had to make them for you, what would you want this person to keep in mind?

13. If you needed help with your personal care, who would you be most comfortable with helping you? Personal care means things like brushing your teeth, grooming, bathing, and getting dressed.

14. To provide you with the best care possible, what would you like your doctors and nurses to know about you as a person? For example, your values, personal history or story.

15. What has been helpful about these questions? What might be your next steps?
