



What Matters Most to Me

Preparing for **Conversations** about **My Health** during the **COVID-19** pandemic

Wishes of: _____

Written by: _____

Date: _____

As we face the global COVID-19 pandemic, Vancouver Coastal Health (VCH) and Providence Health Care (PHC) encourage you to reflect on your health care wishes and the things that matter most to you. Your health can change quickly in times like these, and it is important that others know how you wish to be cared for if your health situation were to change. We would like you to think about the questions below and share your answers with the people you care about and your health care teams. You are also encouraged to consider completing your advance care plan.*

This is my understanding of my current health condition(s):

This is my understanding of COVID-19 and how it could affect my health:

I want more information about what is likely ahead with my health: Yes No
Some questions I have about my health or COVID-19 include:

If I were to become sicker, these are my most important goals or the things that are most important to me:

These are my biggest fears and worries about the future with my health:

This is what gives me strength as I think about the future with my health:



These are the everyday abilities that are critical to me and that I would find unacceptable to live without (e.g. walking without help, bathing myself, eating by mouth, talking, etc...):

If my health were to worsen, this is what I would be willing to go through for the possibility of more time (for example: tests, treatments, hospitalization, CPR, etc.):

These family members/friends are aware of my wishes:

The person that I would want to make medical decisions for me if I could not speak for myself would be (name, relationship):

I have also documented my wishes in an advance care planning document:

- Representation Agreement
- Advance Directive
- Other: _____

You are invited to provide a copy of this, and your other advance care planning documents, to your care team and your family.



*For information about Representation Agreements, Advance Directives and other aspects of advance care planning please visit www.vch.ca/acp or www.advancecareplanning.ca



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