

# Ideas for Having Goals of Care Conversations

A Resource For Residents and Substitute Decision Makers



## WHAT ARE GOALS OF CARE CONVERSATIONS?

These conversations are a way to plan for best quality of life. It does not mean that a person is necessarily at end of life. Conversations happen between a person, or their Substitute Decision Maker(s), and members of the health team.

### 1. Understanding of Illness

What do you know about the illness? How much would you like us to share with you?



I'm not sure how this illness will change over time.

I would like to know everything to help me make decisions.



### 2. Inform

What are your concerns? What supports do you have?



I want to know about other treatment options.

My family members and I can't agree on decisions and that is stressful.



### 3. Values

What makes you uniquely you?



Music

Hugs

Stories

Humour

Looking my best



### 4. Goals

What are the goals as the illness progresses?



Fresh air

Independence

Awareness

Pain management

Celebrate holidays



These are ideas for getting conversations started. Please make sure to discuss your own understanding of the illness, information, values and goals.

Visit [www.champlainpalliative.ca](http://www.champlainpalliative.ca) for more information and support.