



What Matters Most

Supporting older people to work
out what is right for them

palliativecare.org.au



Palliative Care
Australia
Matters of life and death

This project was funded by the Australian Government through the Dementia and Aged Care Services Fund.

Instructions

1. Sort the cards into three piles: very important, somewhat important and not important.
2. Use the blank cards to write down anything important to you that was not listed on the cards.
3. From the very important pile, choose 3–5 cards that are the most important to you.
- 4a. Write down why the cards you chose are the most important to you.
- 4b. Talk with your family, friends, a doctor or your aged care staff about the cards you have chosen.



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Disclaimer

Palliative Care Australia respectfully acknowledges that the What Matters Most card game was guided by Coda Alliance's Go Wish card game developed with the Archstone Foundation.

Going on a holiday

My favourite music
playing

Access to fresh air

Going outside

Quality of life

Being cared for in the
place of my choice

Talking about my fears
and worries

Being independent for as long as possible

This could include:

- To eat without assistance
- To shower myself
- To dress myself
- To go to the toilet by myself

Having a legal will that
says who I want to
leave my things to

Being an organ and
tissue donor

To be informed and
involved in decisions
about my care and
treatment

Following my cultural, religious or spiritual practices

This could include:

- Returning to country
- Having a priest or minister present or called
- Being buried within 24 hours of passing away

Being with friends and family

This could include:

- Having the chance to say goodbye
- Making amends with someone
- Not being alone

Not receiving intensive medical intervention

This could include:

- Not being resuscitated
- Not being connected to machines
- Not being in intensive care (ICU)
- Not leaving my home to receive treatment

My pain and symptoms
managed

My family and friends
not having to look
after me

Receiving all available
treatments, even if
they make me feel sick

Ensuring my family are
supported

Handing over my
responsibilities

Ensuring my
pets/animals are
looked after

Visiting home, or
country, or a special
place

Having my funeral
on country or in a
special place

Having someone with
me when making
health decisions

Not being financially
reliant on anyone