

Introducing conversations about wishes, values & beliefs

Your Conversation Checklist

- Ensure they understand how conversations can be helpful to them & their SDM in the future
- Review how these conversations relate to future care
- Help them to understand how their values are involved in healthcare decision-making

Opening Lines

Now that you know who your SDM is/are, it is a good idea to start having conversations with them...

- Does ____ know they are your SDM(s) and may need to make decisions on your behalf?
- Does ____ have the information they need to make decisions on your behalf?
- It's a good idea to think about what ____ needs to know in order to feel confident being your SDM.
- Conversations can help ____ become the YOU expert. What information do they need to know to do that?
- Does ____ know what you would want/not want because he/she is the one who needs to understand?
- It is helpful for ____ to understand what is important to you and how you make decisions.

Conversation Topic Ideas

Information you may want to share with your SDM could be...

- Facts, traits, wishes, important values, etc that you feel your SDM needs to know about you to accurately describe them to others
- Details that others need to know about you as a person in order to provide you with the best care possible
- How you would describe a 'good day'
- What brings you pleasure and joy
- What fears you have about your health/future
- Details about you, your wishes and values in order to make decisions the way you would
- What you value or what is important in your life that gives it meaning

Helping your patients/clients *break the ice*

Here are some suggestions for getting the conversation started

GET STRAIGHT TO THE POINT

I need your help with something...

I just filled out a booklet about myself and I would like to share it with you...

I have just filled out a booklet and it made me think about the things most important to me and how I would like to be treated if I got sick. Maybe you could do it too and we could compare answers.

Even though I'm okay right now, I'm worried that _____ and I want to be prepared.

USE AN EXPERIENCE OR EVENT

I was thinking about what happened to _____ and it made me realize...

LEAN ON SOMEONE ELSE

I was talking to my _____ today and I want you to know what we talked about.

I was talking to my _____ and they said I need to start thinking about my future healthcare. Would you help me?

TAKE ADVANTAGE OF THE MEDIA

I just read an article about _____ and it got me thinking...

Remember in that movie when _____ it made me realize...

