



# What is important to you?

A conversation about your care and treatment



**We'd like to invite you for a talk. We want to know what you think is important. So you can receive the care that suits you best.**

### **Why have this talk?**

We've invited you to have this conversation because you have a serious illness. Even though you may not feel really sick. We want to do things that you like, that are right for you. This is why we want to get to know you better. For instance, what are your hobbies? What make you happy, and what do you think is silly or stupid? What do you want, both now and in the future? If we know more about these topics, we can take them into account to make sure that the care and treatment you get is right for you.

### **Why think about later?**

Do you ever ask yourself what your future will be like? Do you wonder if you'll experience pain or feel worn out as a result of your illness? Do you sometimes worry about whether or not you'll be around in the future? You can always discuss these things with your doctor or nurse. They can help you. And they're good listeners. Isn't that great?!

### **Who will you talk to?**

If you come for the conversation, you'll be talking with your own doctor or nurse. If you'd like, your parents or caregivers are also welcome to join the conversation. Would you like to invite someone else? Someone you trust? That's fine, too.

### **And afterwards?**

Your doctor or nurse will take notes during the conversation. You're welcome to write things down, too. For instance, the agreements you make with your doctor or nurse. We'll keep all these agreements in your medical file. So you don't forget them. So we don't forget them either.

### **Forget to say something?**

Maybe when you're leaving the hospital after the conversation you suddenly think: "I forgot to mention something!" Or perhaps you think of a question or something you'd like to say once you're home. You're welcome to make a new appointment with your doctor or nurse to talk about these topics. You can do this at any time.

Some practice questions

*Do you want to practice for the conversation? Feel free to read the following questions and write down your answers. Handy to take with you to your appointment!*

**What do you like to do, or 'who are you'?**

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**What makes you happy?**

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**Who do you really like? Or, who is really important to you?**

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**What would you like other people to know about you?**

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**What do you like to do at the weekend?**

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**What do you really dislike?**

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“Do you sometimes think about the future?”

**Are there things you'd really like to do?**

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**What do you hope for?**

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**How do you imagine your life will be like when you're older?**

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**What would you like to do later in your life?**

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“What do you want to know about your illness?”

**Do you want to know about how your illness may develop?**

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**Do you want to know what you may or may not be able to do in the future?**

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**Do you have any questions about pain or discomfort?**

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**Do you want to know if you can die from your illness?**

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“What’s hard in your life?”

**What does make things difficult in your life?**

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**Is there anything that worries you or makes you scared?**

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**Is there anything you really don't want?**

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**“How can your parents best help you?”**

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**“How can we best help you here in the hospital?”**

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## Colofon

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Implementing Pediatric Advance Care Planning Toolkit IMPACT is the result of a collaboration between the UMC Utrecht, the Erasmus MC and the Knowledge Center for Child Palliative Care; it was developed with the cooperation of children, parents, and professionals working in childcare and children's hospitals.

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*The development of this product was financed by The Netherlands Organisation for Health Research and Development.*

Design: Design & producties, UMC Utrecht