

**When considering how your family, friends, carers & key health professionals support your priorities, there may be things you may wish to avoid if they do not support them.**

Examples may include :

* toxic treatments e.g. chemotherapy
* hospital admission or resuscitation attempts
* anything that separates you from a loved one or something you enjoy

Jot these down here…..

Resources that can help your thoughts & conversations.

[https://www.whatmattersconversations.org/what-matters-to-https://mydecisions.org.uk](https://www.whatmattersconversations.org/what-matters-to-https%3A//mydecisions.org.uk)

Talk to your GP, nurse or consultant about your wishes.

1.What matters most to you in life when you are well?

2. Which of these will become priorities when you become less well?

3. How can you gain access to support from your social network of support at a time when you become less well so that you can ensure the priorities you describe in #2?

 **What matters most to you in the way that you would like to be cared for in order to**

 **respect your priorities?**

**E.g. Being at home, having your family with you, feeling at peace and being comfortable.**

What Matters Most?

Your ReSPECT Conversation notes