

# What Matters to Me

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Shared decision-making  
in Health and Healing

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# My Journey with **My Mom**

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“

*I want to maintain my independence be able to spend time with my family and enjoy them.*

”



# What Do We Mean by “What Matters”?

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## MY GOALS

the people, activities,  
and values that give  
my life meaning

## MY CARE PREFERENCES

what I am, and am not,  
willing to do or receive  
as part  
of my care



# The Many Parts of a **Full Life**

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## **People**

Family, friends,  
pets, and  
community



## **Purpose**

Volunteering,  
work, faith,  
and helping  
others



## **Joy**

Hobbies,  
travel, music,  
and time  
outdoors



## **Independence**

Home, driving,  
and making my  
own choices



## **Comfort and Well-Being**

Feeling rested,  
clear-minded,  
and at ease



## **Values**

How I want  
to be treated  
and how I make  
decisions

# Questions to Find Your Answers

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What does a really good day look like for me?

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What would I never want to give up?

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What am I looking forward to this year?

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Who do I want by my side when decisions come up?



# Why It Matters

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You're the **expert** on your own life.

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Care can **fit your life**. Your goals guide choices.

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Loved ones can **support** you with confidence.

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It **grows with you**.  
It's okay for answers to change.



**Great care  
starts with  
what matters to you,**

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**not just what's  
the matter with you.**

# Sharing with the People You Love

Choose a relaxed moment, not a crisis

Start with a story or a hope,  
not a form

Share the why behind  
your wishes

Name who you'd like with  
you at appointments

“

*I've been thinking about what  
matters most to me, and I'd  
like you to know.*

”



# Sharing with Your Healthcare Providers

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Write down your top 2 to 3 priorities  
before your visit

Lead with them at the start of  
the appointment

Bring a support person if you'd like

It's okay to ask again if  
something isn't clear

TRY SAYING:

***"Before we begin,  
can I share  
what's most  
important to  
me?"***



# Let's Put It into Words

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**UP NEXT**

**My Health Checklist**

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**Your voice matters**

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**Ginny Thomas Healthy Aging Symposium**  
**October 7, 2026, 2:00 to 5:00 PM**



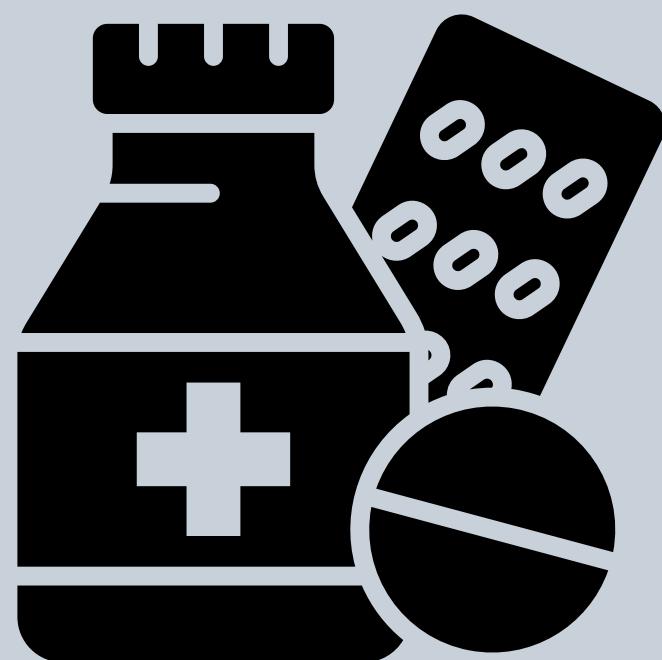
# Meet My Health Checklist

## The 4 Ms

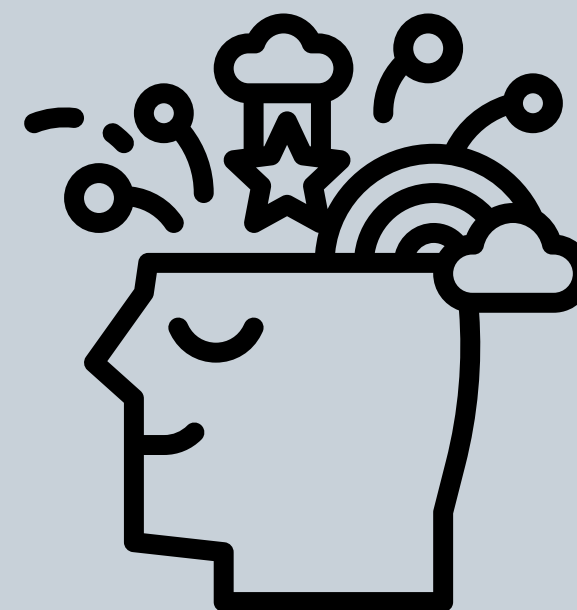
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What Matters to  
you in your life



The Medication you  
may take



Your Mind and  
sense of well-being



Your Mobility, meaning  
how you move and get  
around