



Free National Advance Care Planning Advisory Service

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**Advance Care
Planning Australia**

An Australian Government initiative

Conversation starters

Here are some ways to begin sharing what's most important to you.



About me

Being able to ____ is the most important thing to me because ____.

I was thinking about what happened to ____ and it made me realise ____.

As part of my culture, values, and beliefs ____ is important to me because ____.

About life

A good day for me is one where I ____ because ____.

What I value and enjoy most in my life is ____ because ____.

The most important things on my bucket list are ____.

About health care

I would prefer to receive my health care at ____ because ____.

When ____ happens I get worried about my health care because ____.

I would want these people ____ included in discussions about my health.

About choices

An unacceptable health outcome for me would be ____ because ____.

I would not want ____ treatments if there was little chance of recovery because ____.

If I was choosing between quantity and quality of life, I would choose ____ because ____.