

## Wishes Activity – 48 Value Statements

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1. To have any therapies I choose to maintain my comfort and dignity
2. To have my financial affairs in order
3. To be kept clean
4. To have the end of my life make a contribution to medical research or teaching
5. To have my family and/or close friends with me
6. To keep my sense of humour
7. To have care staff I feel comfortable with
8. To be cared for with kindness and cheerfulness, and not sadness
9. To have my family prepared for my death
10. To participate or share in making decisions about my health care and treatment
11. To maintain my dignity
12. To not be connected to machines
13. To die within a short timeframe rather than lingering
14. To be supported with all options for a gentle death
15. To recognise and communicate meaningfully with my relatives or friends
16. To have vigorous treatment of my discomfort, even if the treatment unintentionally hastens my death
17. To not die alone
18. To not be a burden to my family
19. To have the option to be cared for comfortably in my own home during the final period of my life
20. To understand the physical changes that will happen towards the end of life
21. To consult my doctor, family and those close to me, spiritual advisors and others as I choose
22. To live a meaningful life in my final days
23. To have my family and friends know that I love them
24. To have an advocate who knows my values and priorities
25. To have pictures of my loved ones near me
26. To have my funeral arrangements made
27. To hear people sharing and talking about my life's happy memories
28. To have family and friends remember what I was like before I became seriously ill
29. To have my favourite music played when possible
30. To be free from pain
31. To be attended to and listened to with respect
32. To be recognised as a person until the end of life, without losing my identity
33. To be mentally aware
34. To be at peace with God
35. To be supported in completing a record of my life
36. To have financial matters taken into account when treatment decisions are made
37. For my family, friends and caregivers to respect my wishes even if they don't agree with them
38. To have my hand held and to be talked to
39. To be able to express my fears
40. To die at home
41. For my family and friends to have counselling available if they have trouble with my death
42. To be free from anxiety
43. To know the truth about my condition, treatment options, and the chance of success of treatments
44. To meet with clergy, a chaplain, or other spiritual support staff
45. To not be short of breath
46. To have the opportunity to work through unfinished business, and promote a sense of closure
47. To feel that my life is complete
48. To be able to say goodbye to the ones I love

# Wishes Activity

## Background

The 48 Value statements in the attached wishes activity have been compiled to encourage conversations around one's values and preferences for your care at End of Life.

Having a conversation about your values prior to stressful situations enables family and your medical treatment decision maker to be informed to enable them to act on your behalf if you can no longer speak for yourself.

These value statements have been designed as a prompt to be used individually or within a group to assist in conversation.

## Instructions

Read each value statement and consider which of these reflects your preferences and values for your care at end of life.

You can then circle OR write down your 10 MOST IMPORTANT value statements to discuss with your loved ones, doctor and/or medical treatment decision maker.

Recognising people's values and preferences for end of life care, and encouraging these to be recorded can help reduce stress for families and your medical treatment decision maker at the time of deterioration and serious illness.

**The most important thing is to have the conversation.**

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