

The 6 Questions of Advance Care Planning

1. What do I understand about my health or illness? What have I been told about my illnesses?
2. What information would I like to find out?
3. What do I value most about my mental health? What do I value most about my physical health? What brings quality or meaning to my life?
4. What concerns or worries do I have about how my health may change in the future?
5. What might I trade for the chance of gaining more of what I value or what's important to me (i.e. more time with family)?
6. If I was near the end of my life, what would make this time the most meaningful?

Maintaining Your Quality of Life

Following a diagnosis of a serious illness, an early palliative approach to care (including end of life care) may be important to try to continue your life as normally as you can. Simple things such as following a routine, connecting with family, eating well and being physically active where possible will help you feel more positive, enjoy each day and keep doing the things you enjoy for longer.

A Palliative approach to care is more than just medical treatment and relief from pain or discomfort. If a physician recommends a palliative approach to care to you or a loved one, this does not mean they have “given up.” It is care that aims to enhance your overall sense of wellbeing. With this in mind, it is important to look after yourself, stay connected with the people around you, and do things that provide meaning to your life. You can do some of these things on your own, but for others you may need the help of your family and friends, your doctor, the palliative care team and other healthcare professionals.



Keeping a journal with your questions and thoughts and bringing this to your medical appointments can be helpful so you can remember your routines, symptoms, questions and thoughts to share with your health care provider.
