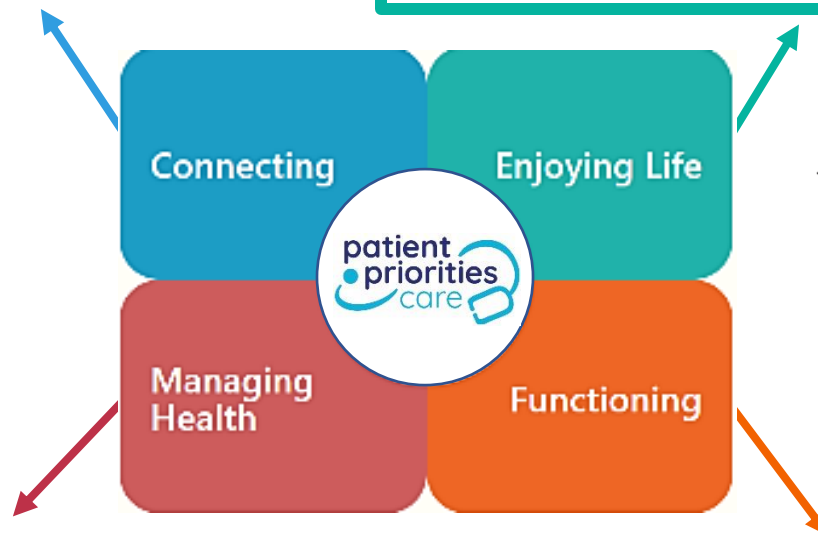


Values Conversation Starters

- **Family and Friends:** Meaningful connections with others, such as family members, friends, or romantic partners.
- **Community:** Helping others; giving and receiving support.
- **Spirituality:** Involvement in spiritual or religious activities.
 - Who are the most important people in your life?
 - How often are you able to see them?
 - What kinds of activities do you do together?

- **Productivity:** Doing things at home, work or in the community; contributing.
- **Personal Growth/Learning:** Learning and developing as a person.
- **Recreation:** Enjoyable activities, hobbies.
 - Which activities do you find so important and enjoyable that you can't imagine living without them?
 - What does a good day look like for you? What could you do before that you would like to do now?
 - What do you do now that you'd like to be able to keep doing?



- **Health and Symptoms:** Ensuring best possible health; managing discomfort and symptoms.
- **Quality of Life:** Balancing the desire for maintaining how you feel today with the desire to live as long as possible.
 - What do you hope your health care can do for you?
 - In what ways do your health conditions and treatments limit your ability to do what matters?
 - What is more important to you - quality of life or living as long as possible?

- **Dignity:** Feeling respected and worthy.
- **Independence:** Managing self-care needs; living and moving independently and safely.
 - What kinds of actions are you able to do to take care of yourself? What are you not able to do to take care of yourself?
 - When taking care of yourself, what is most important to you now?
 - How do you feel about asking for or accepting help?
 - What would you be doing if you were having a good day?