WHAT MATTERS MOST TO YOU QUESTIONNAIRE

We are asking you to fill this out because we are going to use it to help personalize and guide your care.

Knowing more about what matters to you, including your healthcare goals, preferences, and priorities, can help guide decisions about your healthcare.

Below are four categories: 1) Connection, 2) Enjoying life, 3) Managing Health, and 4) Functioning. Please select all the items in each category that are important to you. This information may be shared with other providers involved in your care, but will remain confidential.

1) CONNECTION - **Which relationships are most important to me?**

- ❑ Family
- ❑ Friends
- ❑ Pets
- ❑ Members of Religious / spiritual group
- ❑ Neighbors
- ❑ Other _____

2) ENJOYING LIFE - **What do I enjoy doing most in my life?**

- ❑ Participate in activities with family and friends
- ❑ Walk
- ❑ Exercise other than walking
- ❑ Stay in home; live independently
- ❑ Travel
- ❑ Care for or help family or friends
- ❑ Volunteer in the Community
- ❑ Other _____
- ❑ Religious / spiritual services
- ❑ Go out to eat or eat favorite foods
- ❑ Housework / home maintenance
- ❑ Care for / spend time with pet
- ❑ Work outside the home
- ❑ Yard Work / gardening
- ❑ Hobbies (music, photography, arts and crafts, woodworking, etc.)
- ❑ Participate in group therapy

3) MANAGING HEALTH - **What am I willing to do to have the best possible quality of life?**

- ❑ Participate in health treatments with the goal to live longer, even if the treatment is uncomfortable
- ❑ Participate in physical or occupational rehabilitation programs to improve mobility
- ❑ Participate in a health education or wellness class
- ❑ Accept caregiving support to help with personal care needs (ex. toileting)
- ❑ Participate in psychological therapy services (group or individual) to improve mood and motivation
- ❑ Track measures of health (ex: blood pressures; weights)
- ❑ Use gait aid or assistive device to be able to walk on my own (cane or walker)
- ❑ Change questionable habits to healthier ones (ex: diet, exercise, smoking, etc.)

What activities or tasks am I doing now that are difficult, burdensome, or challenging?

- ❑ Doctor / Hospital visits
- ❑ Laboratory tests / Procedures
- ❑ Medications (taking and management)
- ❑ Housework
- ❑ Bladder catheter management
- ❑ Bathing
- ❑ Dressing
- ❑ Preparing food
- ❑ Exercising
- ❑ Medication side effects
- ❑ Shopping
- ❑ Bills / Financial management
- ❑ Health tasks like weights / blood pressure / sugar checks
- ❑ Using gait aid or assistive device
- ❑ Transportation
- ❑ Socializing
- ❑ Other: _____

4) FUNCTIONING - **What would I like to do for myself that I'm not currently able to do?**

- ❑ Going to bathroom / bathing
- ❑ Getting dressed
- ❑ Walking independently with or without device (cane, walker, etc.)
- ❑ Stand up from chair or bed
- ❑ Other: _____
- ❑ Managing finances
- ❑ Shopping
- ❑ Household chores (cleaning, laundry, etc.)
- ❑ Preparing food
- ❑ Transportation
- ❑ Managing medications

What symptoms prevent me from doing activities which matter to me?

- ❑ Pain
- ❑ Tiredness
- ❑ Dizziness or imbalance
- ❑ Shortness of breath
- ❑ Urine incontinence
- ❑ Stool Incontinence
- ❑ Weakness
- ❑ Mood (feeling worried or down)
- ❑ Other _____

Thank you for taking the time to think about the things that matter most in your life.

Use the space below to write down anything else that is important to you that you would like your provider to know:_____

_____

_____

_____

_____

This resource addresses the What Matters "M", the core element of the Age-Friendly Health Systems (AFHS) 4Ms Framework. These questions about your values were adapted from Patient Priorities Care. To get to specific, realistic, and actionable goals, please visit MyHealthPriorities.org.

Developed by K. Ritchey, DO, MPH, A. Hunter, MD, K. Anderson, MSN, ARNP, AGNP-C, S. Punshon OTR/L, E. Martinez, BA. A. Catic, MD, MEd, Med, L. Kiefer, MPH, and T. Rosen, MPH. VA Puget Sound Health Care System Geriatric Research Education and Clinical Center (GRECC), Michael E. DeBakey VA Medical Center