UW Medicine UNIVERSITY OF WASHINGTON MEDICAL CENTER

Medical Values and Choices

What matters most to me

This handout is to help you reflect on your values so you can determine what matters most in completing an Advance Care Directive. This is not a legal document.

	Not important	Somewhat important	Very important	I'm not sure
Being able to recognize my family and friends.				
Being able to talk.				
Being able to think clearly.				
Being pain-free most of the time.				
Being pain-free even if it means I will not be able to talk to family and friends.				
Being able to eat and feed myself without needing tubes.				
Living in my own home.				
Living as long as possible even if I cannot talk to my family or live in my own home.				
Staying true to my spiritual beliefs and traditions.				
Other important values:				