



**REACH**

Resources & Education  
for Aging, Community, and Health

# GETTING WHAT MATTERS MOST TO YOU

Talking with your healthcare provider, family, and friends about what is important to you can help guide conversations around your healthcare treatment wishes.

## YOU HAVE CHOICES



### **Think about your values**

Think about what matters most about your health and what will help you achieve your goals. Goals could include things like “I want to continue to cook for my family” or “I want to bathe and dress myself.” Reflect on how your health impacts those goals.



### **Talk to your healthcare provider about treatment preferences**

Discussing what medical treatments you would or would not want to receive with your provider, including any special religious, cultural, or personal beliefs, will help align your goals and wishes with the treatment you want.



### **Talk to family and friends about care preferences**

Talk to your family and friends about your goals and why they are important to you. Even if it is hard, the more you talk about what matters most to you, the more likely you will get the kind of care you want. These conversations matter now and through the end of life.



### **Be proactive about end-of-life wishes**

It is never too early to start thinking about end-of-life care. Use a living will to record your wishes for the people who will care for you. If you lose the ability to make your own decisions, it is important to have chosen a healthcare agent (a trusted person) to make care decisions for you.

# ABOUT REACH

**REACH** is dedicated to improving the quality of care for Florida's older adults. The Florida State University College of Medicine, Department of Geriatrics has been federally funded since 2015 to work with a variety of local, state, and national partners to enhance Florida's workforce that cares for older adults. Please visit our website to learn more.

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