Parent Preferences and Wishes

Learning what matters most to your parent, in their words

For your parent to fill in, in their own words, at their own pace, alone or with you. This is not a legal document. It's a record of what matters to them, to guide the family's decisions. It doesn't name a health care agent or replace an advance directive; Chapter 7 covers those.

What matters most to me:

What I enjoy most about my life right now:

What I worry about when I think about the next few years:

Where I want to live, and what would make that possible:

Help I would be willing to accept:

☐ Someone to help with housework ☐ Meals ☐ Rides ☐ Help with bills ☐ Help with medicines ☐ Someone checking in ☐ Other: _____

Help I would not want, or not yet:

Who I want involved in decisions about my care:

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People I trust most, and why:

How I'd like to be told hard news, and by whom:

What I would want my family to know about my values and my health care:

Things that would make me feel I'd lost control of my life:

Date: _____ Updated: _____

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