

# Older Person's Guide



## What Matters

- What is my biggest concern today
- Has this stopped me from doing the things I want to do
  
- What does a good day look like for me
- In an average day, what brings me happiness
- What are some of the things that matter most to me
- What are some of the things I want to do in my life
- How confident am I that I can solve problems I might face
- What do I want from my health care
- Do I have an advanced care plan

## Before meeting with a formal, community or informal support

- Have I got a list of the things I do to stay healthy and well, including my medications
- Have I written down any questions I want answered
- I will have someone with me if that's helpful to me



## Medication

- What medicines do I take and why
- Am I reluctant to take any medicines
- When were my medicines last reviewed
- Has there been any changes in my life since that review



## Mobility

- Do I have any trouble doing things around the house, garden, or neighbourhood
- Do I have people or aids to support me
- What do I do for exercise



## Mental Wellbeing

- Have I lost weight or not felt like eating
- Have I had my vision and hearing tested this year
- Have I had any problems with my bladder or bowel (wee or poo)
- Is there anything or anyone that gets in my way of being who I want to be
- Do I speak with people regularly
- Are there any clubs or activities I am interested in being part of
- Am I worried about my concentration, memory or thinking
- Have I been feeling down or out of sorts lately, or not wanting to get out of bed

## Next steps

- Have I created or updated a list of actions to help me live well
- Do I know what to do next
- Where will I go for information or help
- How can my formal, community or informal support team assist me