



## Your Life Your Healthcare

- What are you doing when you're not sitting here with me?
- Where do you find the most joy in your life?
- What's on your mind today?

These questions can help shift discussion towards the broader life of your patient. Use as many of them as you wish.

- **Weave one** or more of the **three questions** on the front of this card into your **opening conversation**. They help open up discussion of what's going on in the person's life.
- Use the patient sheet to discuss and uncover issues in the patient's life and healthcare. It is often helpful to begin by asking: **"What stands out to you?"**
- If something strikes you, or if the patient doesn't offer comments, ask questions. E.g. **"Tell me about free time, relaxation, and fun. How is that a burden to you?"**
- **Address** and **acknowledge** burdens and strengths, focusing on how they affect the patient's life and ability to care for their health.
- **Connect** your conversation with the **care plan** and **care team**. Pharmacists and care coordinators may be able to assist with burdens in healthcare. Social workers and community resources may be able to help with burdens in life.