

WMTM Background Information

This is a helpful [WMTY website](#). The following is from the [BC branch website](#)..

From a provider's perspective, the question "What matters to you?" can be asked in many different ways.

If you are a patient or caregiver, prepare for your health care visits by reflecting on what matters to you. Try putting distracting sounds and thoughts to the side for just a moment. Think about what you are facing right now.

What is the most important thing that comes to mind that you wish your care team knew about you? If you are a family member of a patient, what comes to mind that you want the care team to know about you and your loved one who is being cared for?

You may want to bring written notes to a health care appointment as these can be helpful. And remember, you don't need to wait to be asked! Take the initiative to tell your health care provider what matters to you.

The Skills You Need for "What Matters To You" Day: Asking & Listening

- "What are the things that are important to you at the moment?"
- "What are some of the things you would like to achieve as a result of our work together?"
- "What can I do to best support you in your care today?"
- "When you have a good day, what are the things that make it good?"
- "Is there anything else you want to tell me that I haven't asked you about?"
- "What are your goals and wishes today and how can I help you achieve them?"