

My Values

www.myvalues.org.au/

For each pair of statements, circle the response that fits best for you

A - I would accept others looking after me if I couldn't look after myself

B - I would **not** accept being permanently dependent on others for care if I couldn't look after myself

Strong A	Towards A	Equal A & B	Towards B	Strong B
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A - I would accept prolonged physical, emotional or spiritual suffering in order to live longer

B - I would accept dying in preference to living longer with physical, emotional or spiritual suffering

Strong A	Towards A	Equal A & B	Towards B	Strong B
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A - As long as I have a sound mind I would accept physical limitations

B - Being able to be physically active is most important to me

Strong A	Towards A	Equal A & B	Towards B	Strong B
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A - As I become frail and incapable, I expect my family or friends will look after me

B - I would **not** want medical treatment to prolong my life if I felt I would be a burden on family/community

Strong A	Towards A	Equal A & B	Towards B	Strong B
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A - Being alive is the main thing; quality of life is a bonus

B - Quality of life is more important than living longer

Strong A	Towards A	Equal A & B	Towards B	Strong B
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A - Living in my own home isn't as important as being safe and cared for

B - If I could no longer live in my own home, life would not be worth living

Strong A	Towards A	Equal A & B	Towards B	Strong B
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A - I can see myself adapting to the loss of things that are currently important to me and making the best of new situations

B - If I could no longer do those things that are important to me, then life would not be worth living

Strong A	Towards A	Equal A & B	Towards B	Strong B
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A - When difficult medical decisions need to be made, I would want everything to be considered – including the doctors' recommendations, the wishes of my family together with my values

B - I expect **my** values to be the major consideration when difficult medical decisions need to be made into the future

Strong A	Towards A	Equal A & B	Towards B	Strong B
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Statements are slightly adapted from the MyValues website (copied with permission)

Complete the full questionnaire at www.myvalues.org.au/