

What is a Reflection Guide?

The purpose of this guide is to get to know you better. It presents an opportunity to express who you are, your thoughts, values, and concerns you may have.

The hope is by reflecting on these questions and answers may help you, your circle of support, and your care team in making health care decisions that are right for you.

This is not an Advanced Health Care Directive or a legal document.



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Palliative Care Office
Ext. 2804

Community-Based
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634-5551

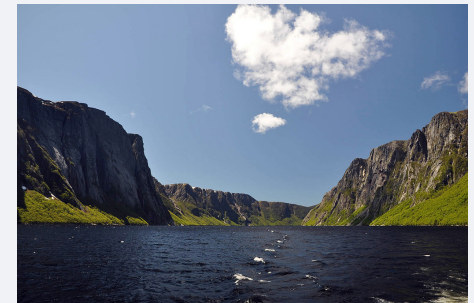
Palliative Care Support Line
1-833-873-8608



900-B-480
March 2022

Our Vision
Our People, Our Communities -
Healthy Together

A
REFLECTION
GUIDE



Describe who you are?

Who is in your support circle?

What brings you joy?

What does a hard day look like to you?

What I understand about my illness

Questions I have about my illness and my health condition:

My fears and worries for the future are:

This is what is important to me (DO and DO NOT want):

If I cannot make medical decisions for myself, I want this person(s) to be my voice:

These things make me feel connected to my spirituality, religious beliefs and / or culture:

Please feel free to share your answers with people most important to you and members of your health care team.

This guide has been adapted using various decision aids and conversation guides from:

