



WORKSHEET

Healthcare Decisions Starter Guide, Pocket Version

Use the worksheet on the next page as a tool to help you make choices about your healthcare and to talk about your wishes with trusted people involved in your care.

How to Use the Transforming Choices Worksheet (Pocket Version)

1. Print out Page 2 of this document. Cut out the worksheet along the dotted line and fold it in half along the solid middle line.
2. Read the worksheet and answer the questions. You can write down your answers on the blank side (inside) of the worksheet or on a separate sheet of paper (or you may use a notes application or word processing program to record your answers electronically).
3. Store the worksheet and your answers in a purse, wallet, notebook, mobile app, computer, or another place where you'll have it handy.
4. When you are ready, you can use the answers you wrote down to help you start a conversation about your healthcare choices with healthcare providers and people you trust.
5. You can also use your answers to the questions on the worksheet to help you complete an advance directive or name a healthcare proxy.
6. Hang on to your answers and review them from time to time. If your answers change, replace them with an updated version.
7. Make sure to tell people involved in your care about any changes to your choices.

For more information about this worksheet and to download the complete *Transforming Choices Healthcare Decisions Starter Guide*, visit transforming-choices.org/choices.

TRANSFORMING CHOICES WORKSHEET

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- 6. If you were unable to keep up with grooming, dressing, and other personal care activities on your own, what would be important for the people caring for you to know?** (Examples: shaving, preferred clothing, accessories, makeup)
- 7. Thinking about end-of-life care, what would you like people in your support network and your healthcare team to know to provide the best care possible?**
- 8. Which steps would you like to take to prepare for your future care?** (Examples: talk about your healthcare choices with people you trust, fill out an advance directive, name a healthcare proxy)
- 9. Have you already taken steps to prepare for your care?** If so, what steps have you taken? If not, what steps would you like to take?
- 10. What else is important to you about your healthcare?**

- 1. What matters most to you about your healthcare?** (Examples: being treated with respect, having a voice to make decisions, involving your support network in your care)
- 2. What would be important for healthcare professionals to know about you to provide the best care possible?**
- 3. If you are transitioning, what is most important to you about your transition?** (Examples: changing your pronouns, changing your legal name, starting hormone therapy, having gender-affirming surgery)
- 4. How important would it be for you to get gender-affirming medical or surgical care if you had a health condition that could put you at risk for complications?**
- 5. If you were in a hospital or a long-term care residence, what would be your rooming arrangement of choice?**

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