

# WHAT MATTERS TO YOU?

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“What Matters to You?” Day is an international campaign being held on June 6th 2017, with the simple goal of encouraging meaningful conversations between patients, caregivers, and families, and their health care providers. Providing patient-and-family-centred care is important because it results in better outcomes for patients and greater satisfaction with care. “What Matters to You?” Day supports this by putting patients’ voices at the centre of care, and focusing on what matters to them.

When a health care provider starts a conversation by asking patients, caregivers, and families what really matters to them, it helps to ultimately improve the quality of care provided for patients.

Your health care provider may ask you questions such as:



What are some things that are important to you at the moment?

What can we do to support your care?

What can I help you with today?

Is there anything else you want to tell me that I haven't asked you about?

In order to help you prepare to have this type of conversation with your health care provider, take some time before your next visit and think about the answers to these questions:

Think about who you are and what you are facing right now?

What do you wish your health care provider knew about you?

What would help you to feel supported by your health care provider?

What do you feel is missing from your relationship with your health care provider?

How would you like to work in partnership with your health care provider?

How would you like your family or support person to be involved in your care?



Remember that “What Matters to You?” Day focuses on the importance of patient-and-family-centre care, and putting the patients’ voice first. So, feel encouraged to speak up on what is important to you in terms of your care! And ask questions!