

Maltese

Dak l-Aktar Importanti



Sapport għall-anzjani biex
jgħarfu x'inhom l-aħjar għalihom



www.dyingtotalk.org.au

Inizjattiva ta' Palliative Care Australia dwar li *Titkellem dwar il-Mewt (Dying to Talk)*. Dan il-proġett ngħata fondi mill-Gvern Awstraljan permezz tal-Fond tad-Dimenzja u s-Servizzi tal-Kura tal-Anzjani.



What Matters Most



Supporting older people to
work out what is right for them



PalliativeCare
AUSTRALIA

www.dyingtotalk.org.au

A *Dying to Talk* initiative of Palliative Care Australia

This project was funded by the Australian Government through the Dementia and Aged Care Services Fund.

Istruzzjonijiet

1. Issortja l-kards fi tliet mazzi: importanti ħafna, ftit importanti u mhux importanti.
2. Uża l-kards vojta biex tikteb fuqhom kull ħaġa importanti għalik li ma kinitx imniżżla fuq il-kards.
3. Mill-mazz l-aktar importanti, agħzel minn 3-5 kards li huma l-aktar importanti għalik.
- 4a. Ikteb għaliex il-kards li għażilt huma l-aktar importanti għalik.
- 4b. Tkellem mal-familja tiegħek, ħbieb, tabib jew staff tal-kura tal-anzjani tiegħek dwar il-kards li għażilt.

Instructions

- 1. Sort the cards into three piles: very important, somewhat important and not important.**
- 2. Use the blank cards to write down anything important to you that was not listed on the cards.**
- 3. From the very important pile, choose 3-5 cards that are the most important to you.**
- 4a. Write down why the cards you chose are the most important to you.**
- 4b. Talk with your family, friends, a doctor or your aged care staff about the cards you have chosen.**



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Ċaħda

Palliative Care Australia tagħraf b'mod rispettuż li l-logħba tal-kards, dwar Dak l-Aktar Importanti, kienet taħt il-gwida tal-logħba tal-kards Coda Alliance's Go Wish żviluppata flimkien mal-Archstone Foundation.



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Disclaimer

Palliative Care Australia respectfully acknowledges that the What Matters Most card game was guided by Coda Alliance's Go Wish card game developed with the Archstone Foundation.



Dak I-Aktar Importanti

Immur vaganza





What Matters Most

Going on a holiday





Dak l-Aktar Importanti

Id-daqq tal-muzika favorita tiegħi





What Matters Most

My favourite music playing





Dak I-Aktar Importanti

Access għal arja friska





What Matters Most

Access to fresh air





Dak I-Aktar Importanti

Hrug barra





What Matters Most

Going outside





Dak l-Aktar Importanti

Kwalità ta' ħajja





What Matters Most

Quality of life





Dak l-Aktar Importanti

Li jieħdu ħsiebi fil-post li nagħżel jien





What Matters Most

Being cared for in the place of my choice





Dak l-Aktar Importanti

Li nitkellem dwar il-biża' u l-inkwiet tiegħi





What Matters Most

Talking about my fears and worries





Dak l-Aktar Importanti

Li nibqa' indipendenti kemm jista' jkun possibbli

Dan jista' jinkludi:

- **Li niekol mingħajr għajnuna**
- **Li nieħu xawer waħdi**
- **Li nilbes waħdi**
- **Li mmur it-tojlit waħdi**





What Matters Most

Being independent for as long as possible

This could include:

- To eat without assistance**
- To shower myself**
- To dress myself**
- To go to the toilet by myself**



Dak l-Aktar Importanti

**Li jkollli testament
legali li jgħid lil min
irrid inħalli
l-affarijiet tiegħi**





What Matters Most

**Having a legal will
that says who I want
to leave my things to**





Dak I-Aktar Importanti

Li nkun donatur tal-organi u t-tessuti





What Matters Most

Being an organ and tissue donor





Dak l-Aktar Importanti

Li nkun infurmat/a u nvolut/a f'deċiżjonijiet dwar il-kura u t-trattament li nircievi





What Matters Most

**To be informed and
involved in decisions
about my care and
treatment**



Li nsegwi l-prattici kulturali, religjuzi jew spiritwali tiegħi

Dan jista' jinkludi:

- Li nerġa' lura lejn post sinifikanti
- Li jkolli qassis jew ministru tar-religjon preżenti jew imsejjaħ
- Li nkun midfun/a f'24 siegħa wara li mmut



What Matters Most

Following my cultural, religious or spiritual practices

This could include:

- **Returning to a significant place**
- **Having a priest or minister present or called**
- **Being buried within 24 hours of passing away**



Dak l-Aktar Importanti

Li nkun mal-ħbieb u l-familja

Dan jista' jinkludi:

- Li jkolli ċans li ngħid saħħa
- Li nikkoreġi żball jew sitwazzjoni ma' xi ħadd
- Li ma nkunx waħdi





What Matters Most

Being with friends and family

This could include:

- Having the chance to say goodbye
- Making amends with someone
- Not being alone



Li ma nirčevix intervenzjoni mediku intensiv

Dan jista' jinkludi:

- Li ma nergax nitqajjem f'sensija
- Li ma nkunx ikkonnettjat/a ma' magni
- Li ma nkunx fil-kura intensiva (ICU)
- Li ma nħallix dari biex nirčievi kura



What Matters Most

Not receiving intensive medical intervention

This could include:

- **Not being resuscitated**
- **Not being connected to machines**
- **Not being in intensive care (ICU)**
- **Not leaving my home to receive treatment**



Dak l-Aktar Importanti

Li l-ugħi u s-sintomi tiegħi jkunu mmanigġjati





What Matters Most

My pain and symptoms managed





Dak l-Aktar Importanti

**Li l-familja u l-ħbieb
tiegħu ma jkollhomx
bżonn jieħdu ħsiebi**





What Matters Most

**My family and friends
not having to look
after me**





Dak l-Aktar Importanti

Nirċievi t-trattamenti kollha disponibbli, anke jekk inħosshom imarrdunu





What Matters Most

**Receiving all
available treatments,
even if they make me
feel sick**





Dak l-Aktar Importanti

Niżgura li tal-familja tiegħi jkunu ssapportjati





What Matters Most

Ensuring my family are supported





Dak l-Aktar Importanti

Nghaddi r-responsabilitajiet tieghi lil haddiehor





What Matters Most

Handing over my responsibilities





Dak l-Aktar Importanti

Niżgura li l-pets/ l-annimali tiegħi jkun hemm min jieħu ħsiebhom





What Matters Most

Ensuring my pets/animals are looked after





Dak l-Aktar Importanti

Inżur id-dar, jew xi post speċjali





What Matters Most

Visiting home, or a special place





Dak l-Aktar Importanti

Li l-funeral tiegħi isir f'post speċjali





What Matters Most

Having my funeral in a special place





Dak l-Aktar Importanti

**Li jkollli lil xi ħadd
miegħi meta nkun qed
nagħmel deċiżjonijiet
dwar is-saħħa**





What Matters Most

Having someone with me when making health decisions





Dak l-Aktar Importanti

Li ma nkun niddependi minn ħadd finanzjarjament





What Matters Most

**Not being financially
reliant on anyone**





Dak I-Aktar Importanti





What Matters Most





Dak I-Aktar Importanti





What Matters Most

