

# **Respect My Wishes**

**Past experiences can make it difficult  
when receiving health care.**

This form helps you share information with  
your health care team.

The information can be helpful in providing  
the best health care for you.

This form can be used as many times as you  
want with multiple health care  
professionals.

**Your health and wellbeing is important.**

# Respect My Wishes

- ☐ Introduce yourself and your role to me
- ☐ Get to know a bit about me first
- ☐ Explain what you are going to do and why
- ☐ Ask "What could make this easier for you?"
- ☐ Ask permission before touching me
- ☐ Tell me it's okay to stop or pause at anytime
- ☐ Agree on a "pause" signal
- ☐ Ask if I have any questions
- ☐ Maximize privacy - Keep doors or curtains closed
- ☐ Check if I am okay as you go
- ☐ Remind me to keep breathing slowly and deeply
- ☐ Watch for non-verbal cues and pause as needed
- ☐ Only restart when I am ready
- ☐ Other (Please ask me what else is important to me)



