

# Using the **When I'm ill** cards

- These cards can help people think about the future, when they are ill or dying.
- You can use them at any time. People do not need to be ill or dying to use them.
- You can find more guidance on how to use the cards on [www.victoriaandstuart.com](http://www.victoriaandstuart.com), including demonstration videos.

Kingston  
University  
London

MCV52b

PARTNERED WITH



The cards are split into  
**5** colour-coded sections...



## Tips for using the cards:



**The cards are NOT for asking yes/no questions** (e.g. 'Would you like to be in hospital: Yes or No?'). Rather, they are to help you understand how the person feels about the topic.



**It is best to ask open-ended questions** like:

- What would it be like for you to ... e.g. be in hospital?
- What is good about it?
- What is hard about it?
- What would make it easier?



**There are blank cards** so that you can add any other topics.



**Each card has space to write or draw thoughts on.**



**You can use all the cards, or the person can choose the ones they want to talk about.**



Turn over





**Let people know that they can choose not to talk about any topic.** You could have a box, bin or envelope they could put a card in, so that they are in control of this.



**If someone gets upset, don't rush them but listen and give them time to explore these feelings.**



**If someone is unable to tell you what they think, you can ask the people who know them well** (e.g. family, carers): 'What do you think the person would say, if they could tell us?'

## Record and share

With the person's consent, record and share their wishes with relevant people (e.g. family, health and social care staff). This means they can be acted on. You can record their wishes using the space on the cards or the recording sheet.



**We'd love to hear from you!**

### Did you find these cards useful?

If you have feedback, please complete the short survey using this link

[forms.office.com/e/6WHMxcivn1](https://forms.office.com/e/6WHMxcivn1)

or this QR code:



This information was designed by [www.paradigm-uk.org](http://www.paradigm-uk.org)



## The story behind these cards

These cards were co-produced by Kingston University London. Find out more at [www.victoriaandstuart.com](http://www.victoriaandstuart.com). They're available as printed resources with support from Marie Curie. **For free information and support, call the Marie Curie Support Line on 0800 090 2309 or visit [mariecurie.org.uk](http://mariecurie.org.uk)**



Inspired by Victoria and Stuart

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# When I'm ill cards

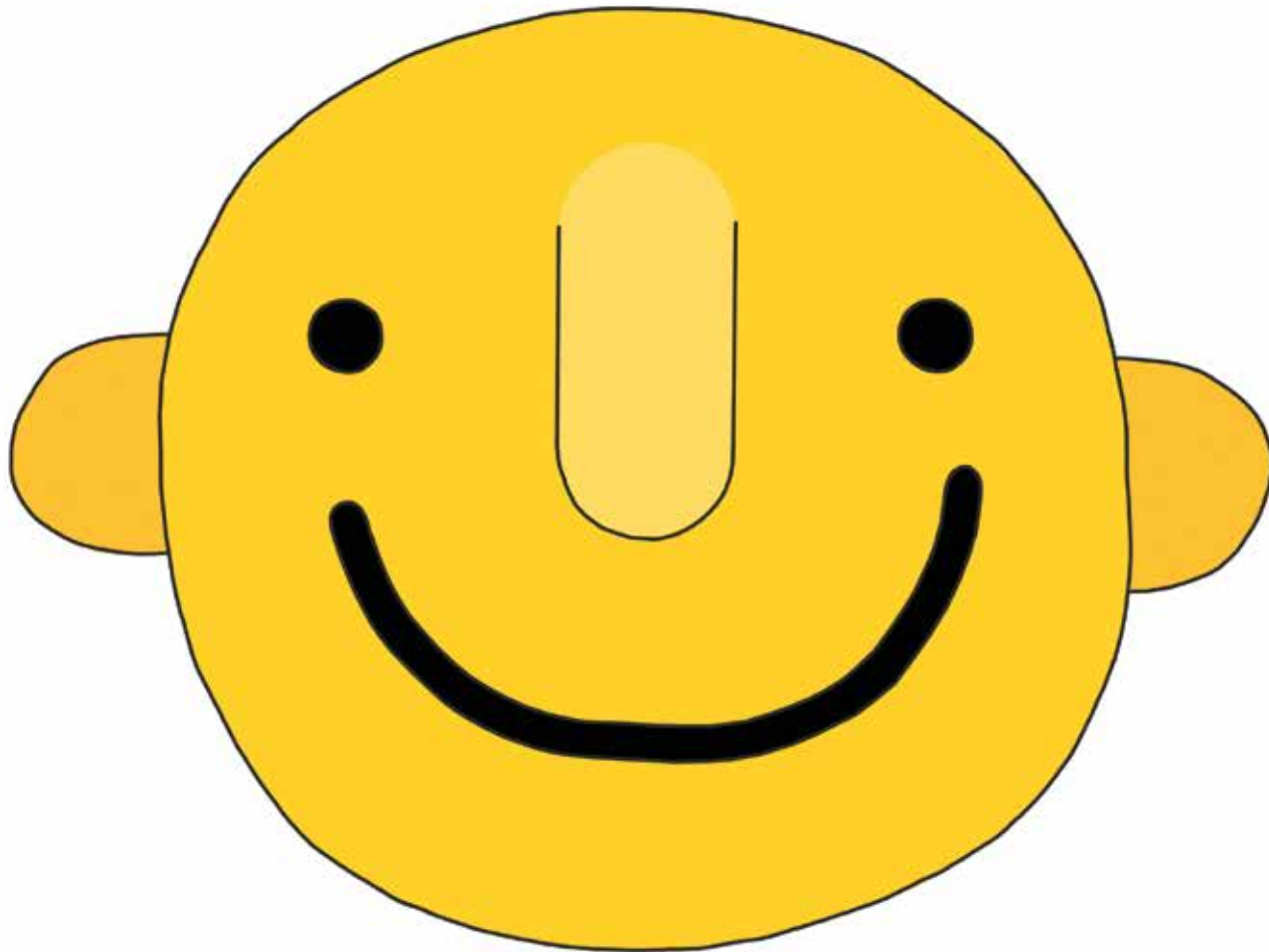


# When I'm ill cards

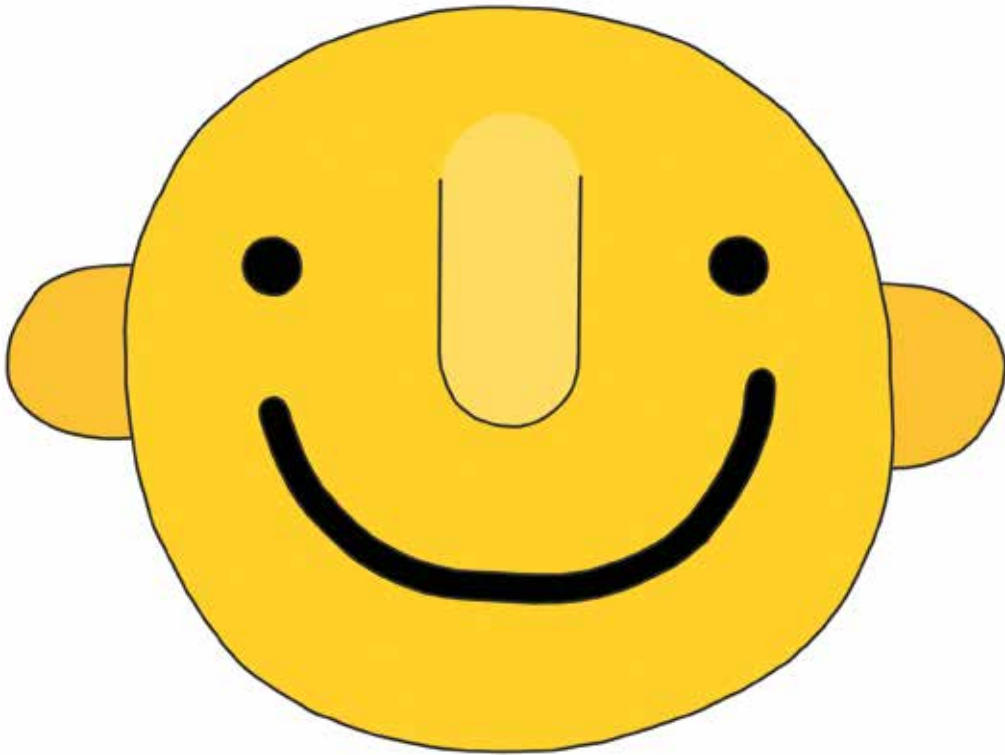


My name .....

About me



Good day



**Bad day**



# Who helps me decide





# Family and friends



What comforts me



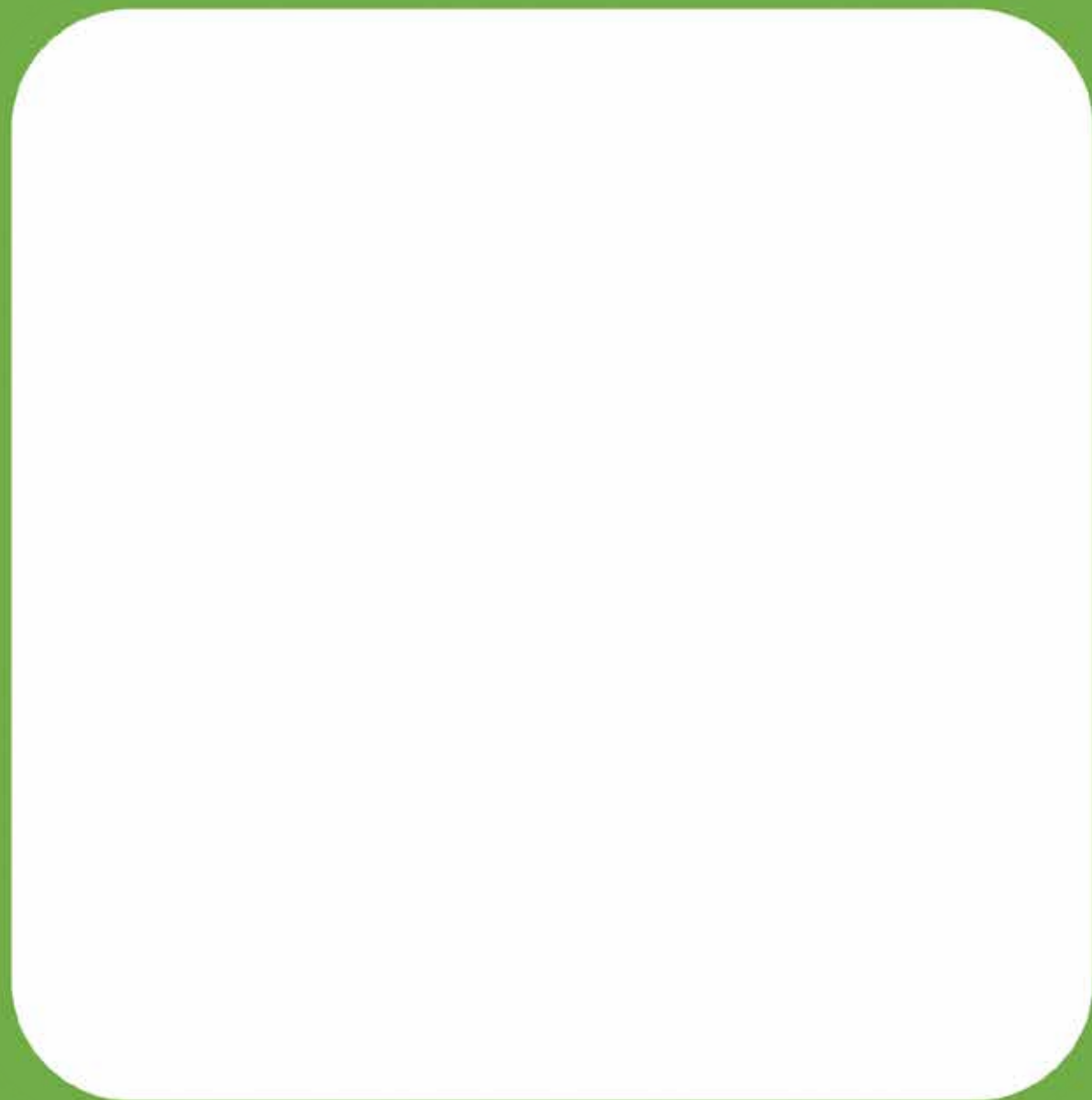
# What helps me communicate



# Help with forms







# Where



# Hospital



# Home

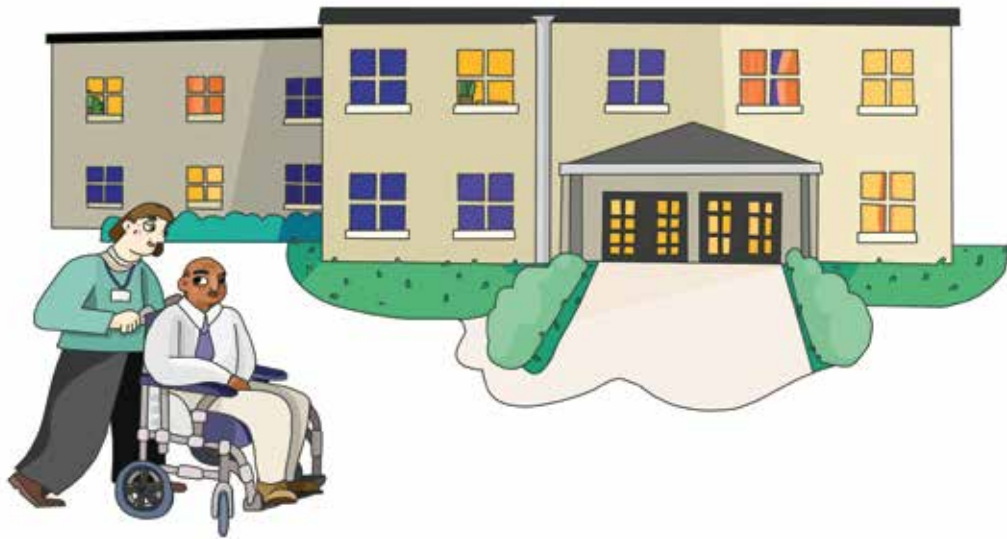




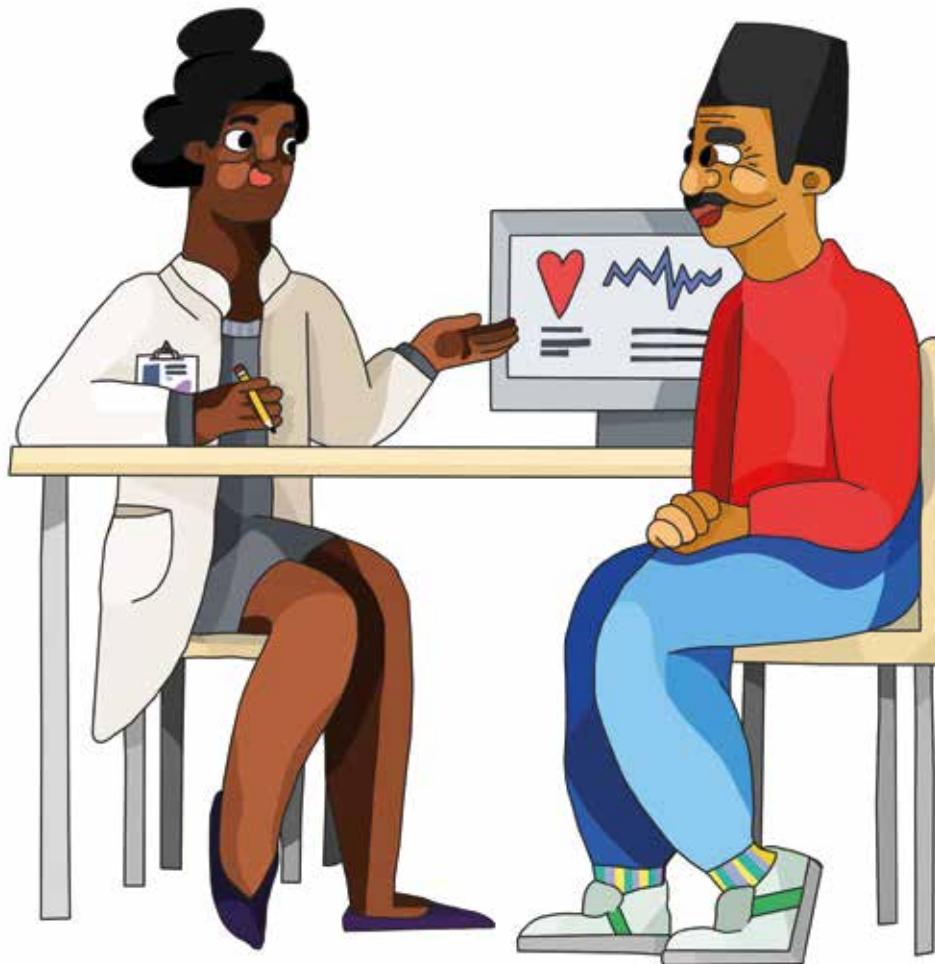
# My room



# Nursing home or hospice



# Seeing a doctor

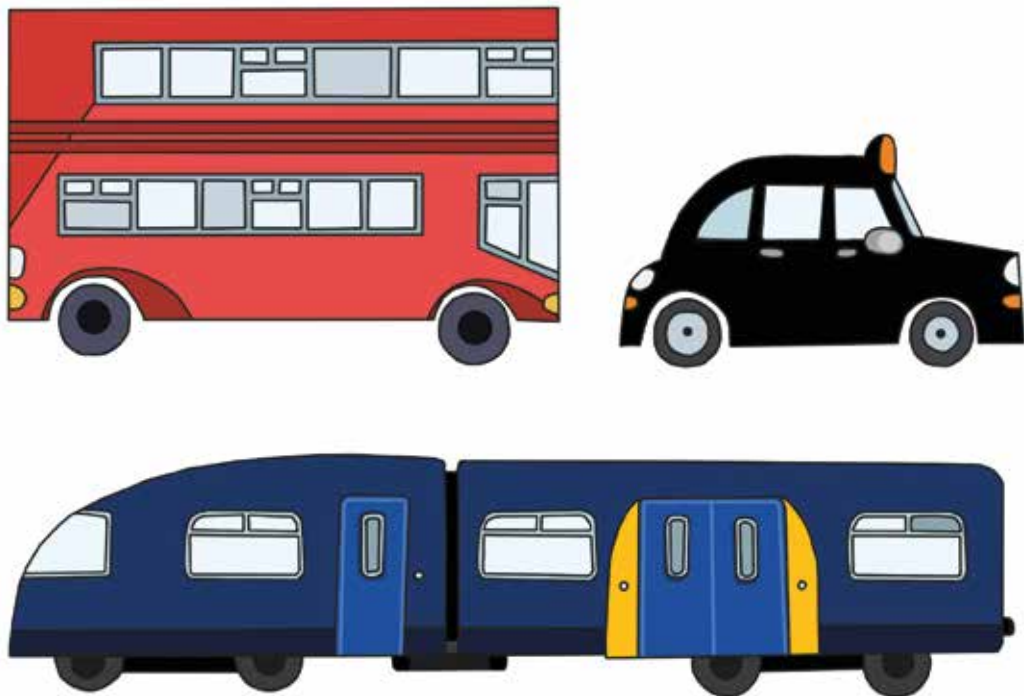


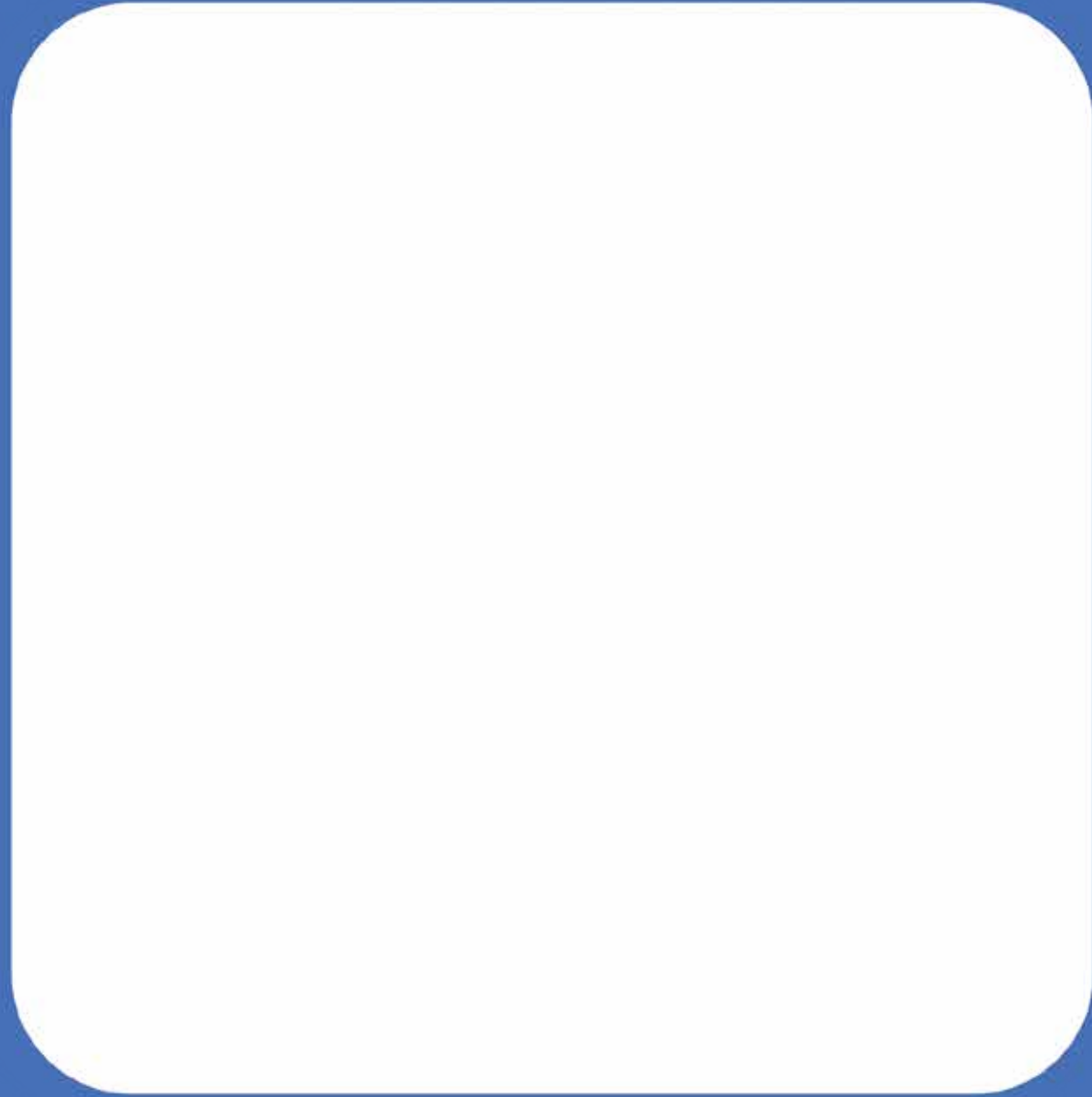
# Nurses in my home



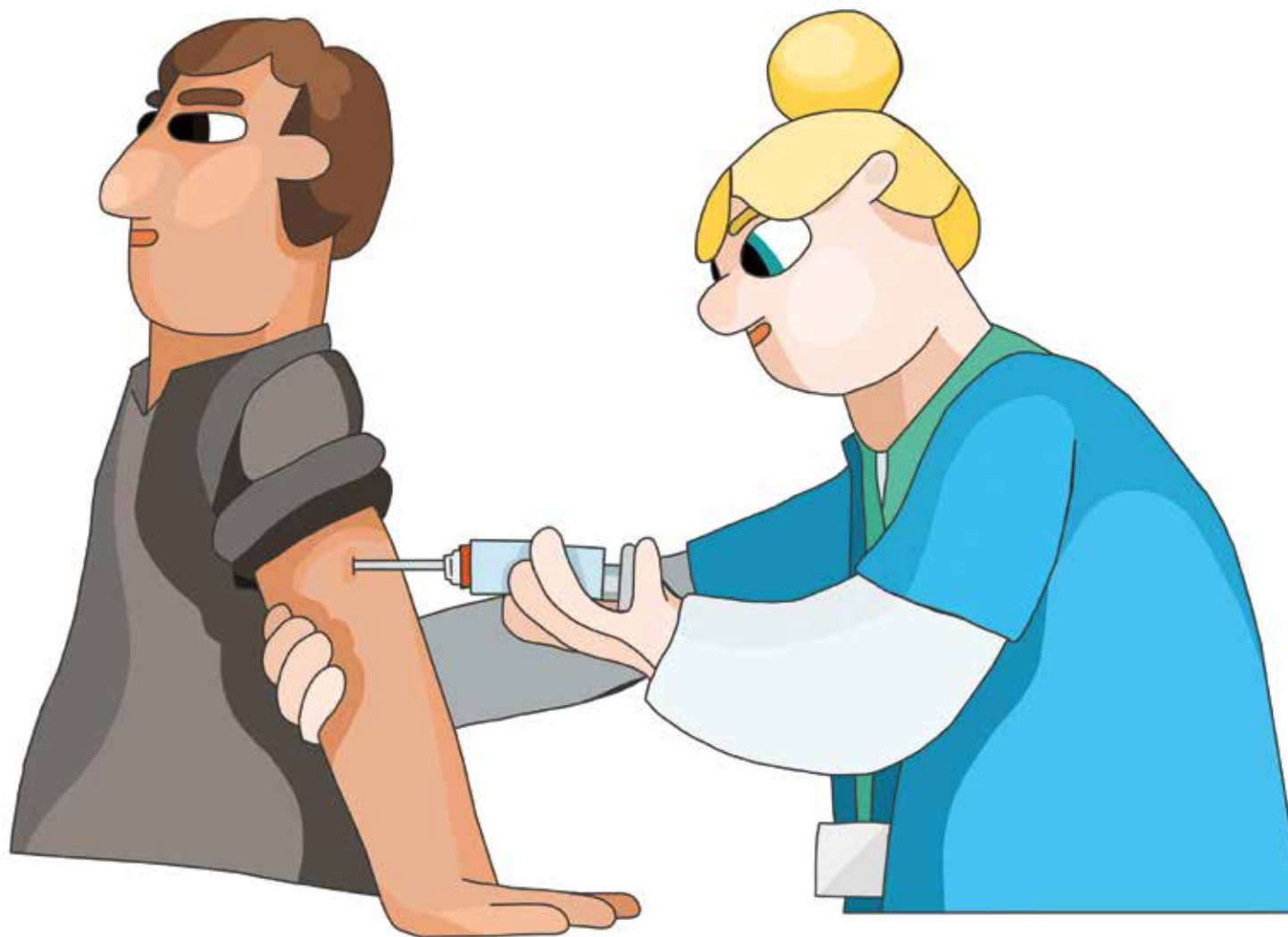


# Travel

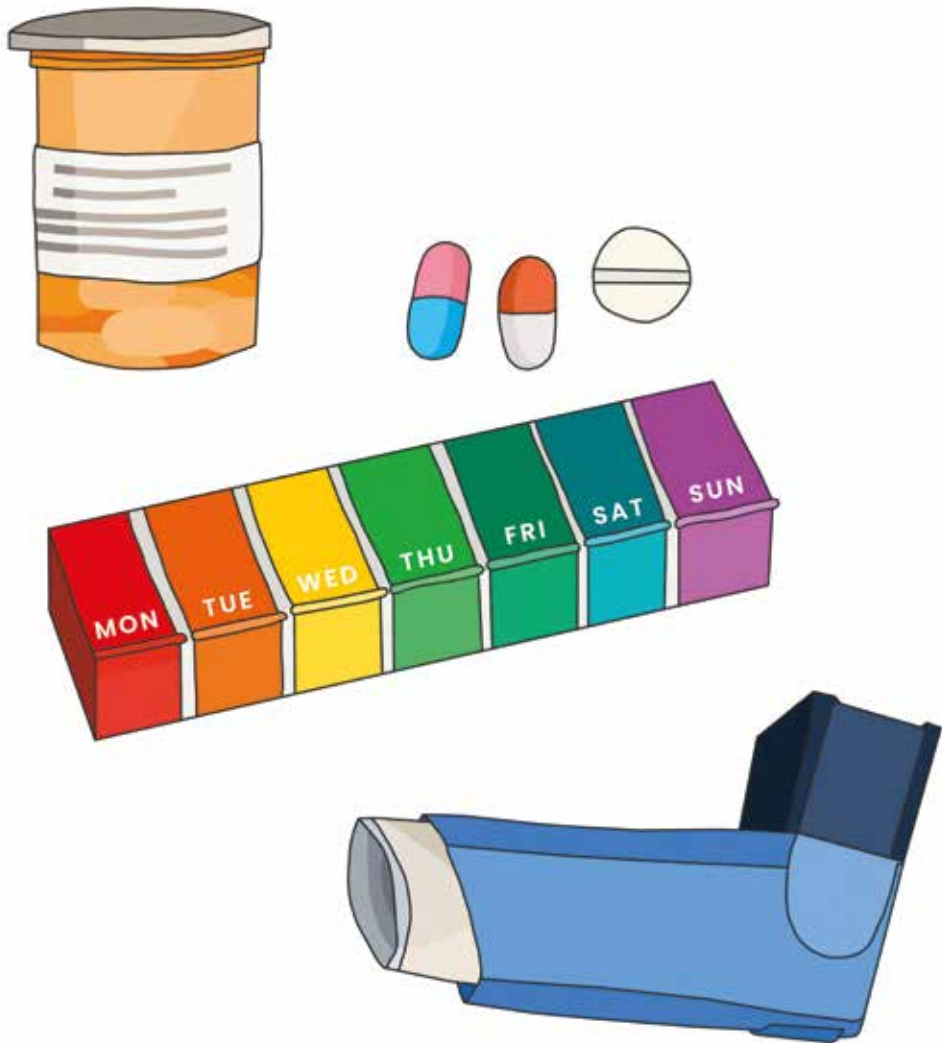




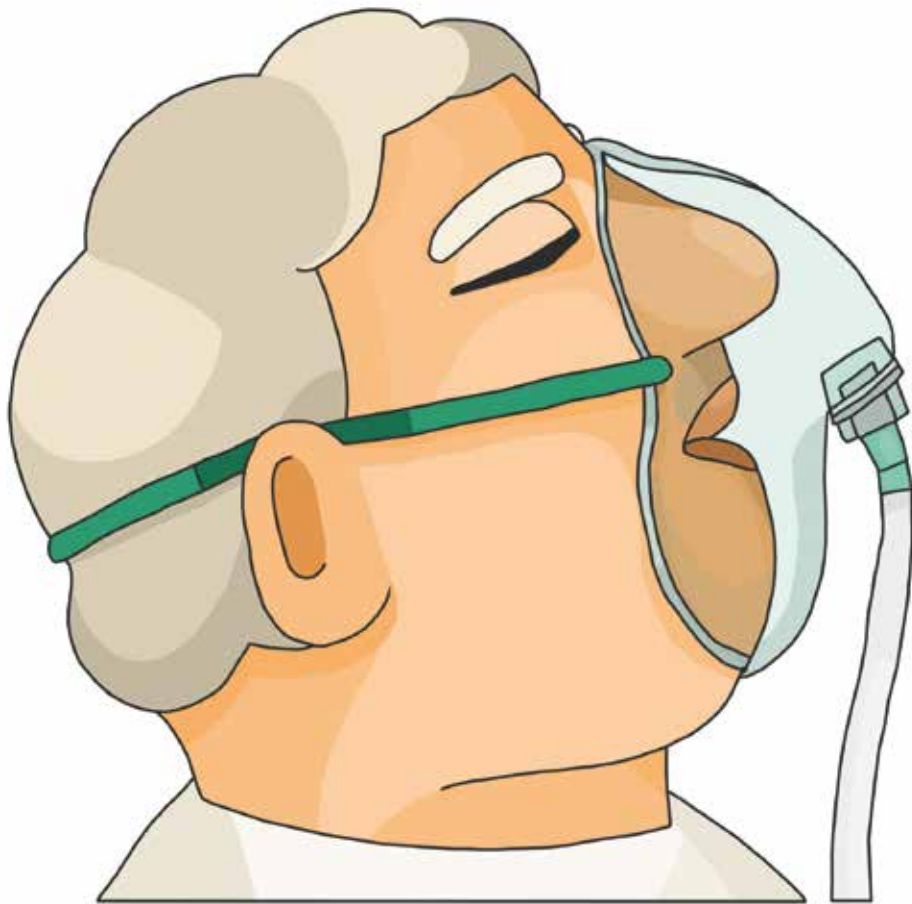
# Treatment



# Taking medication

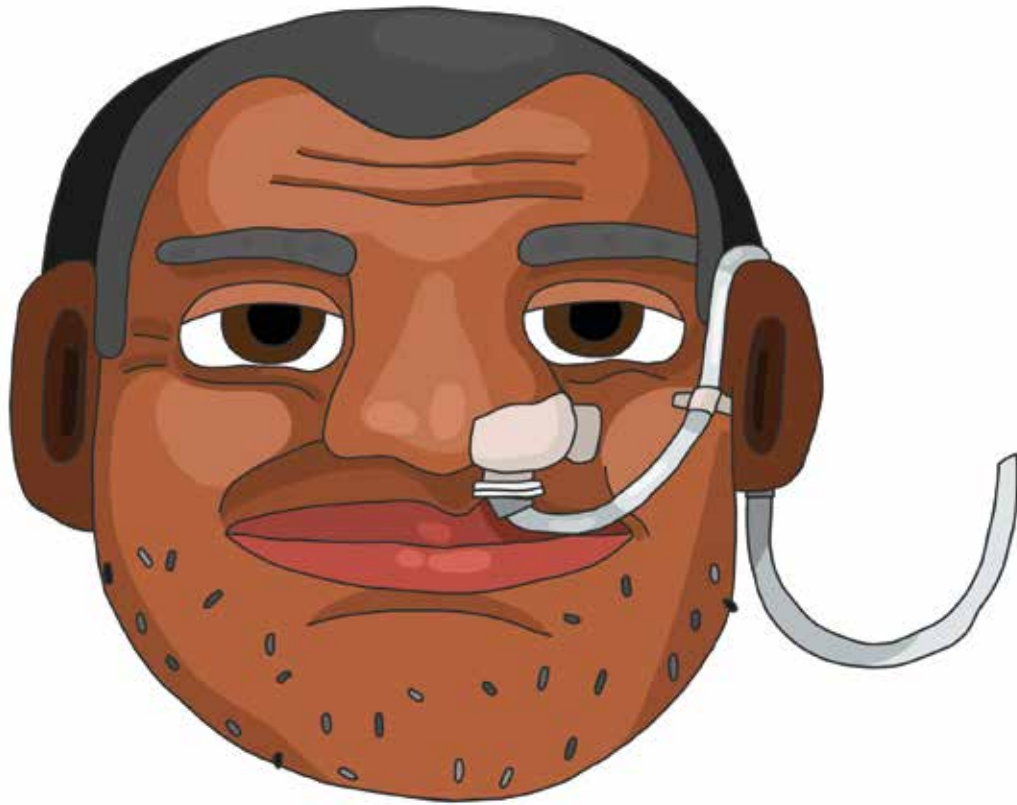


# Oxygen mask

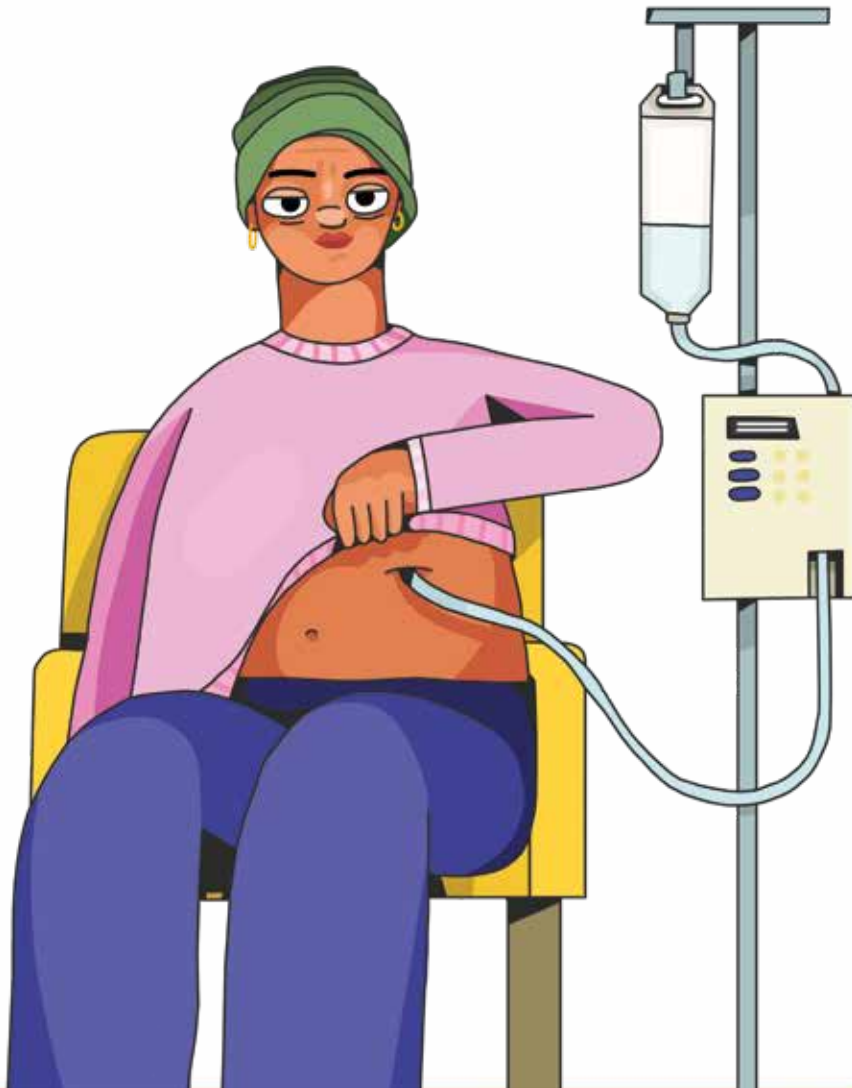




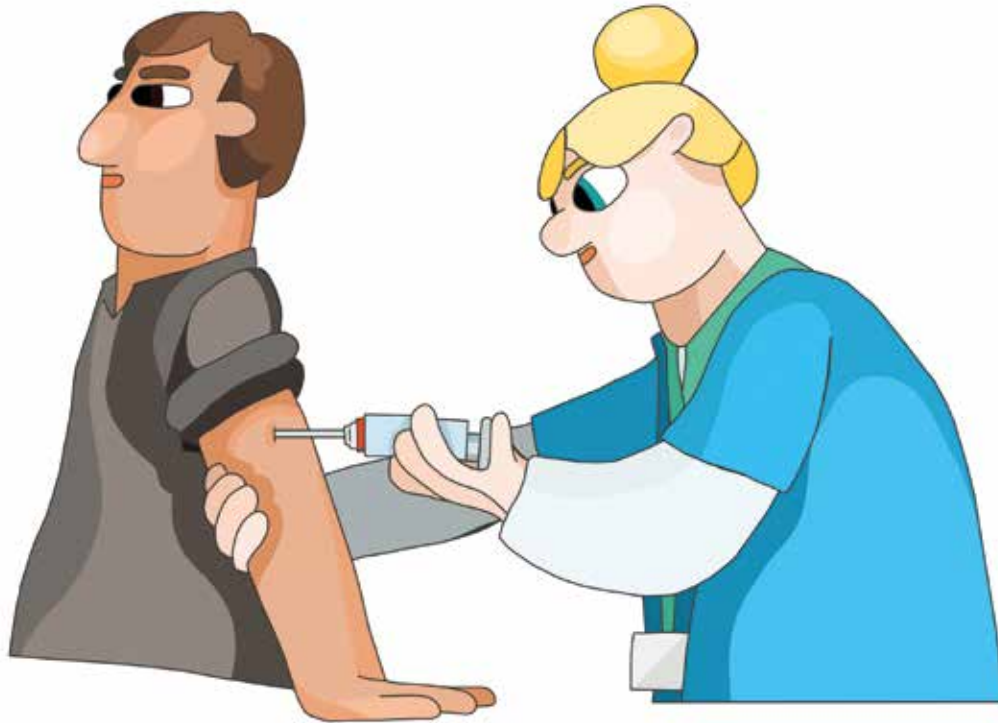
# Feeding tube



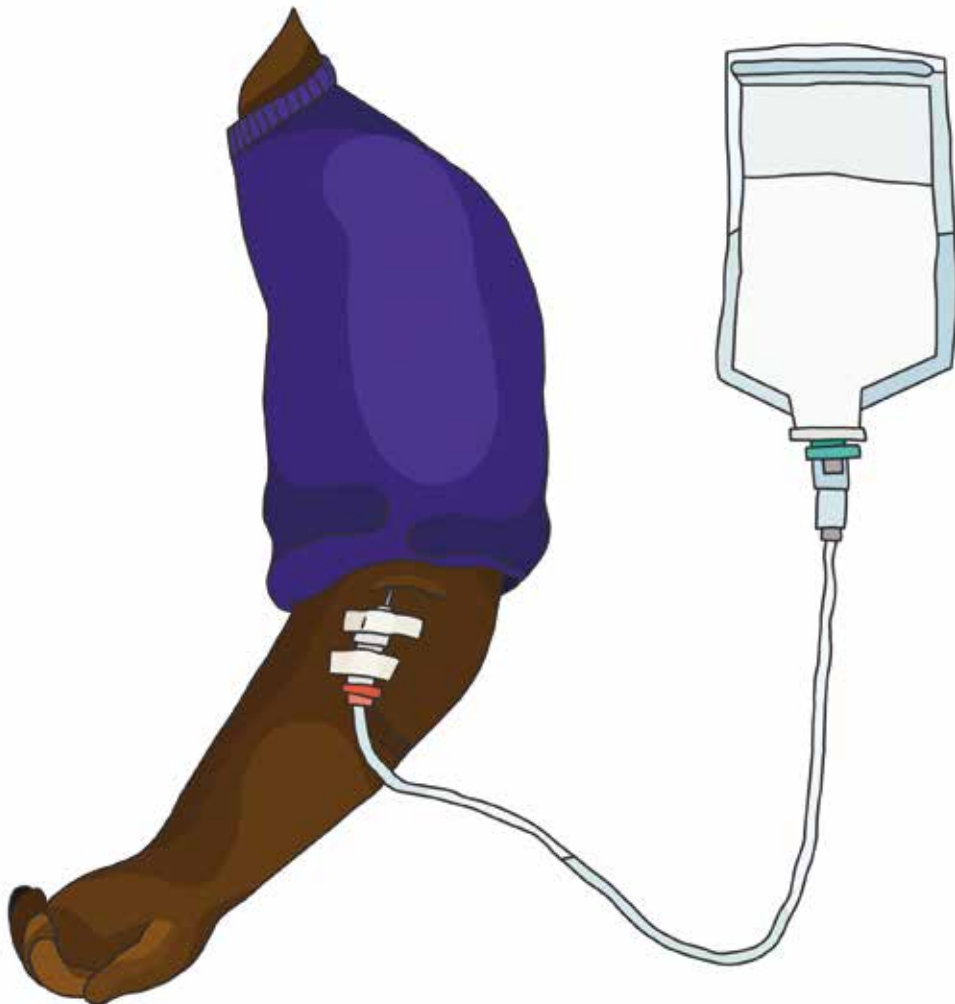
# Being fed through a tube



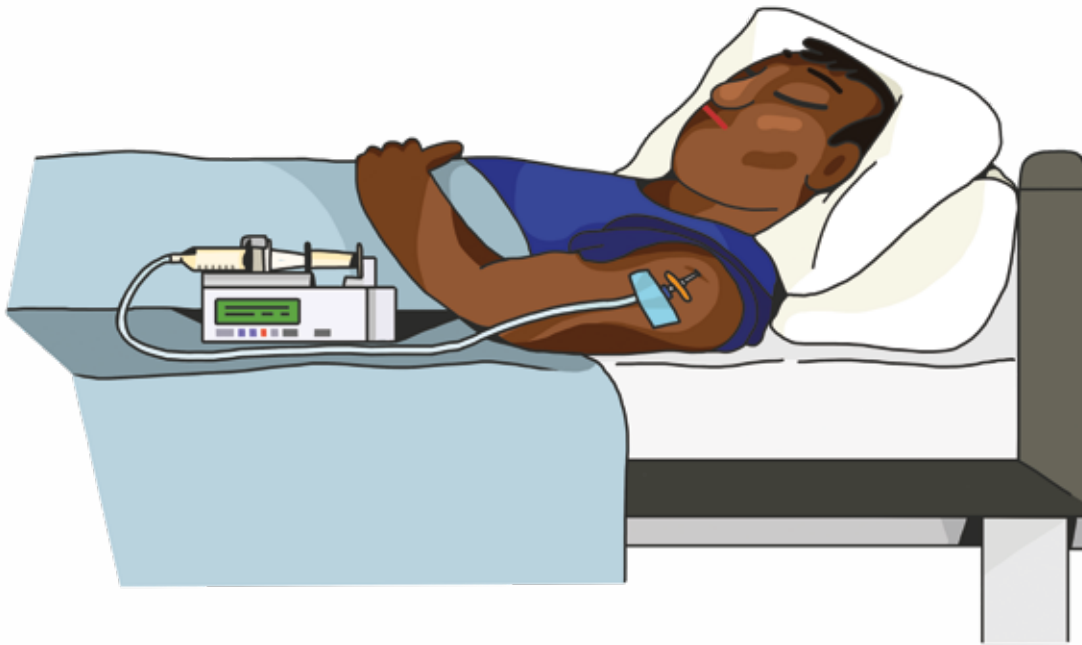
# Needles



# Drip

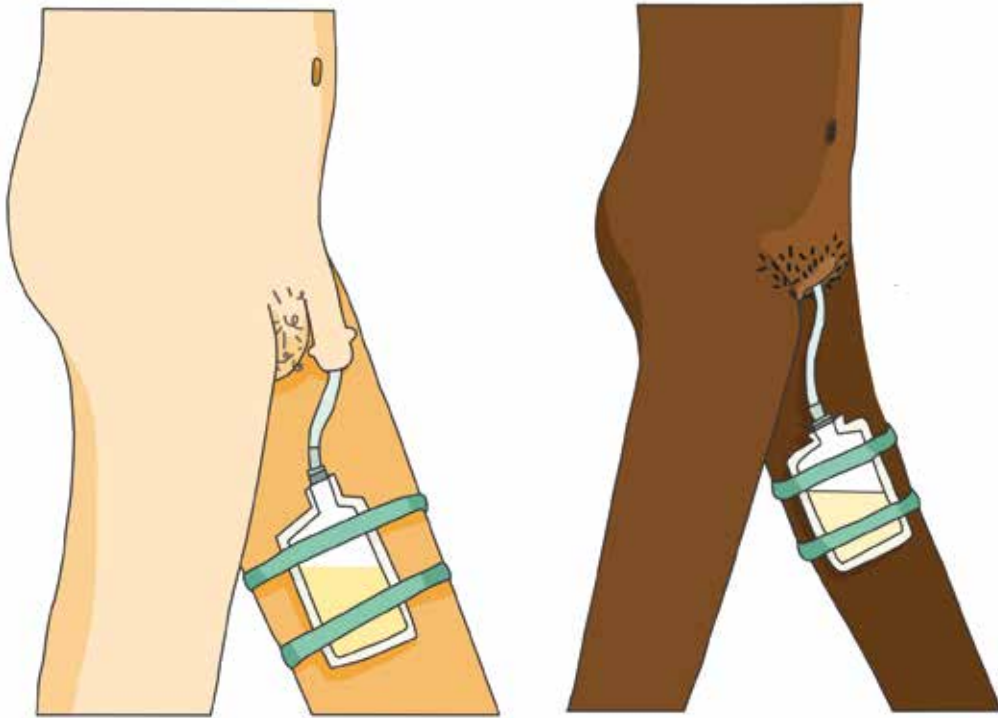


# Syringe driver

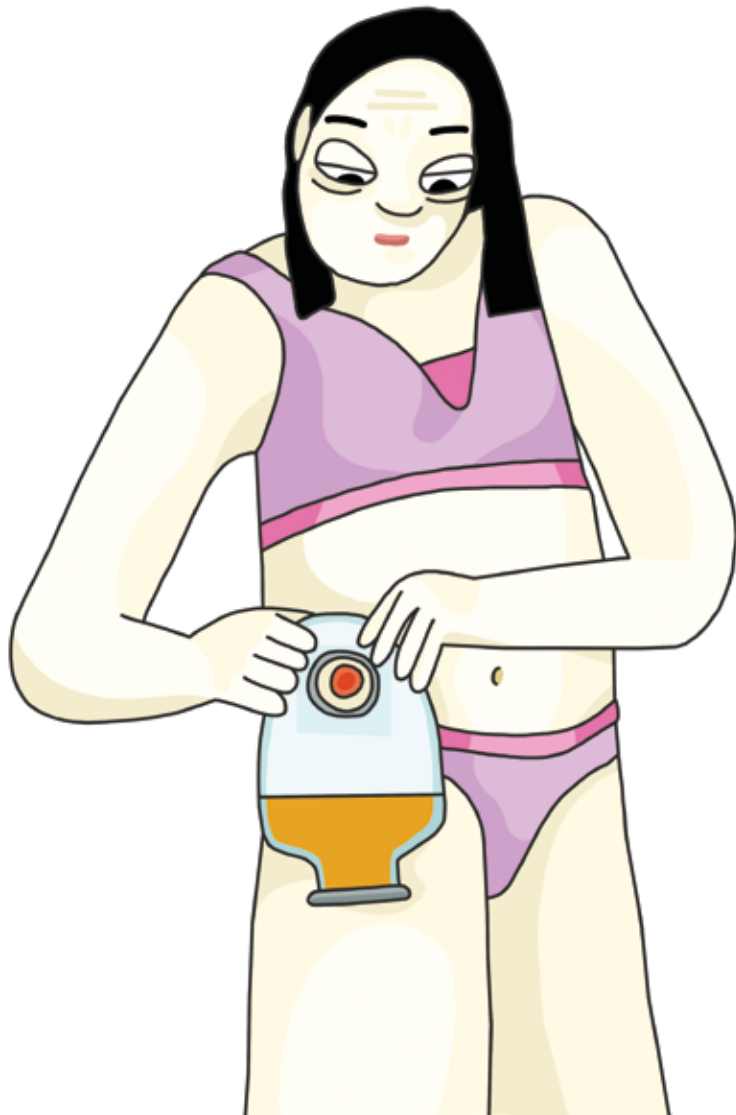




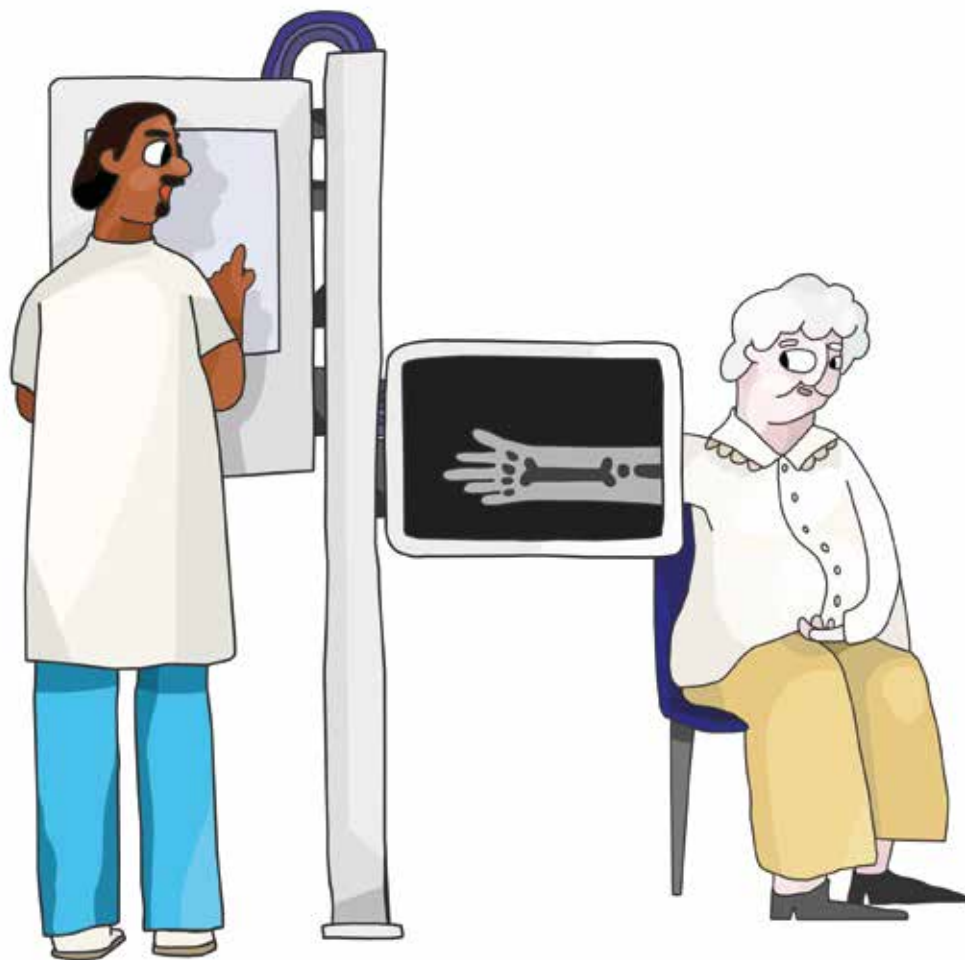
# Urine catheter



# Stoma



# Tests and treatment



# Tests and treatment



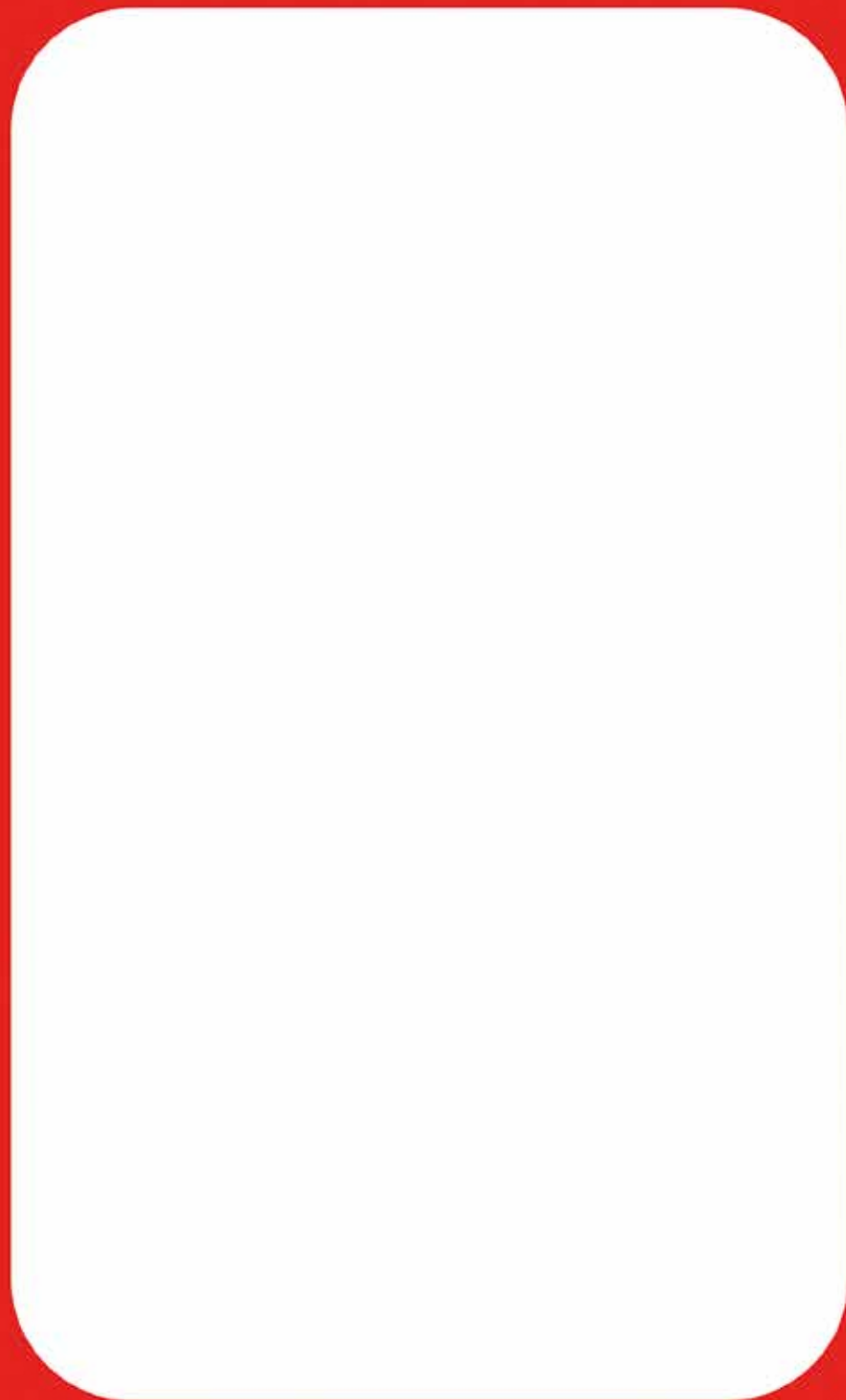
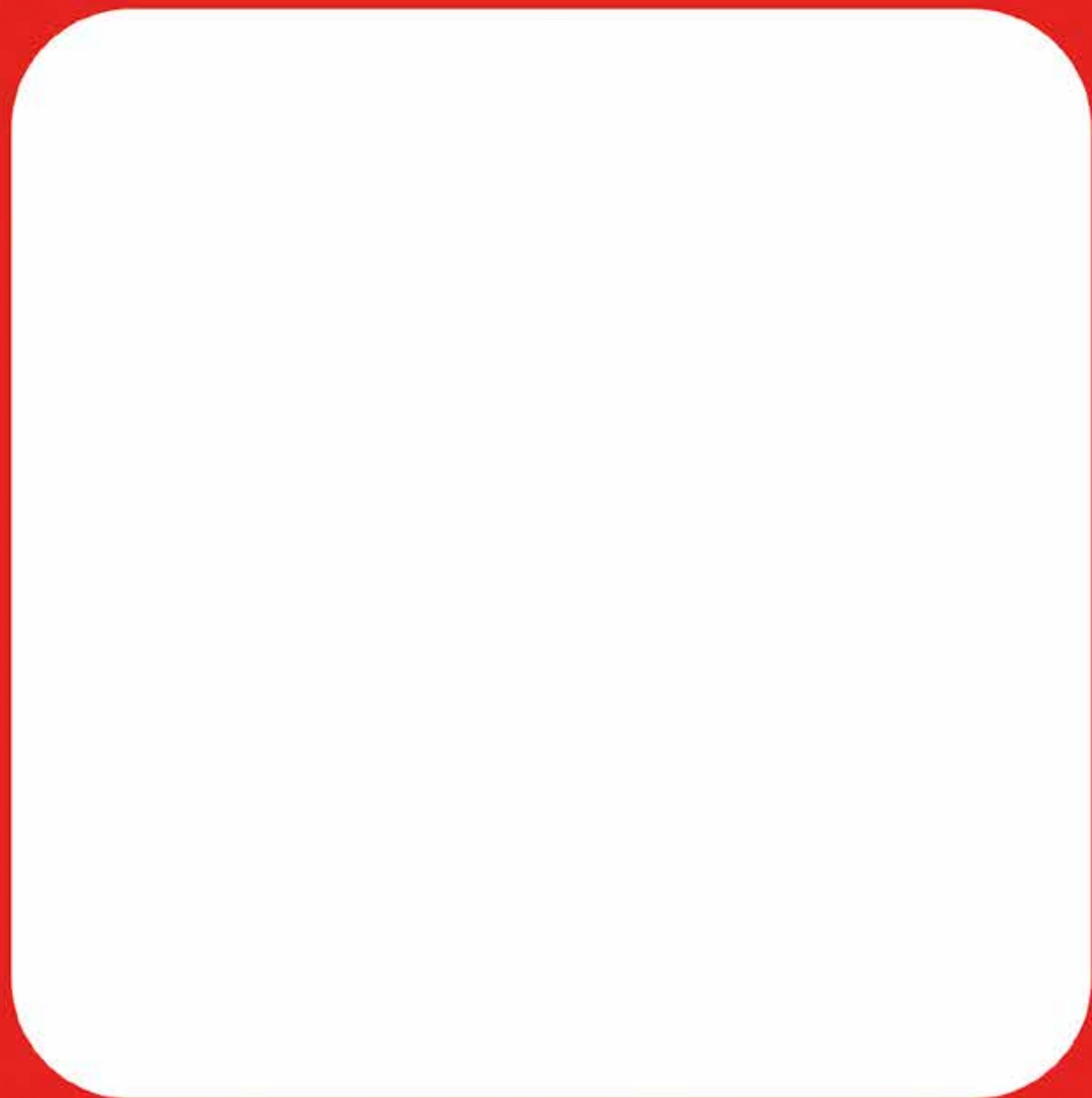
# Operation





# Resuscitation





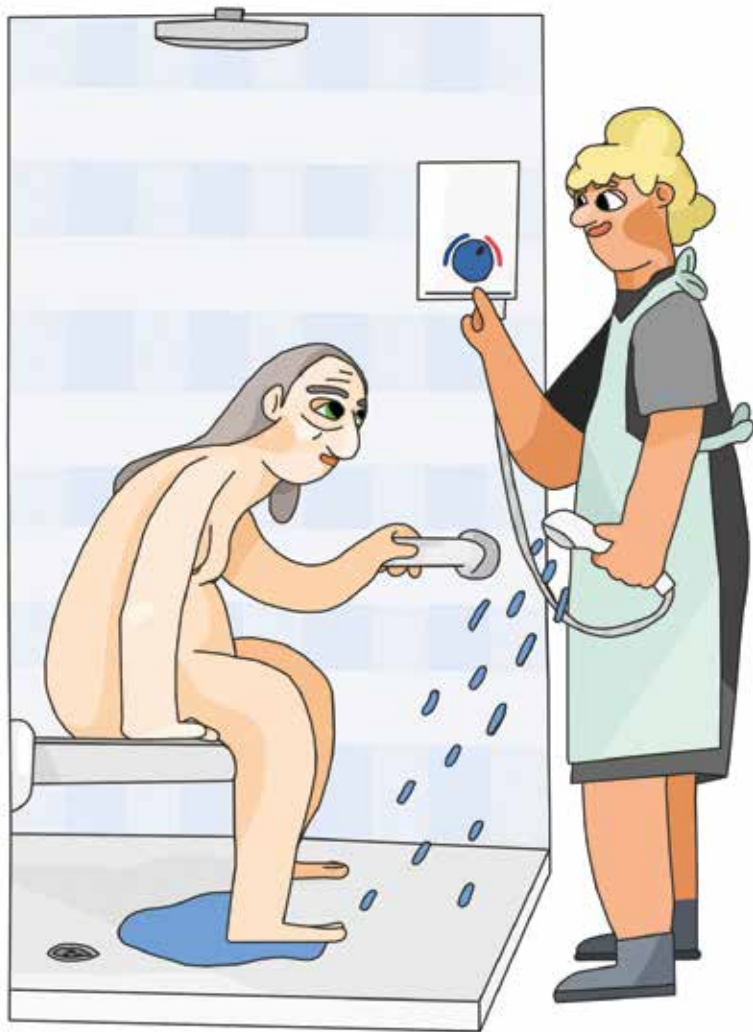
# Needing help



# Help with walking



# Help in the shower





# Help with eating



# Being cared for in bed



# Being washed in bed





# Before I die



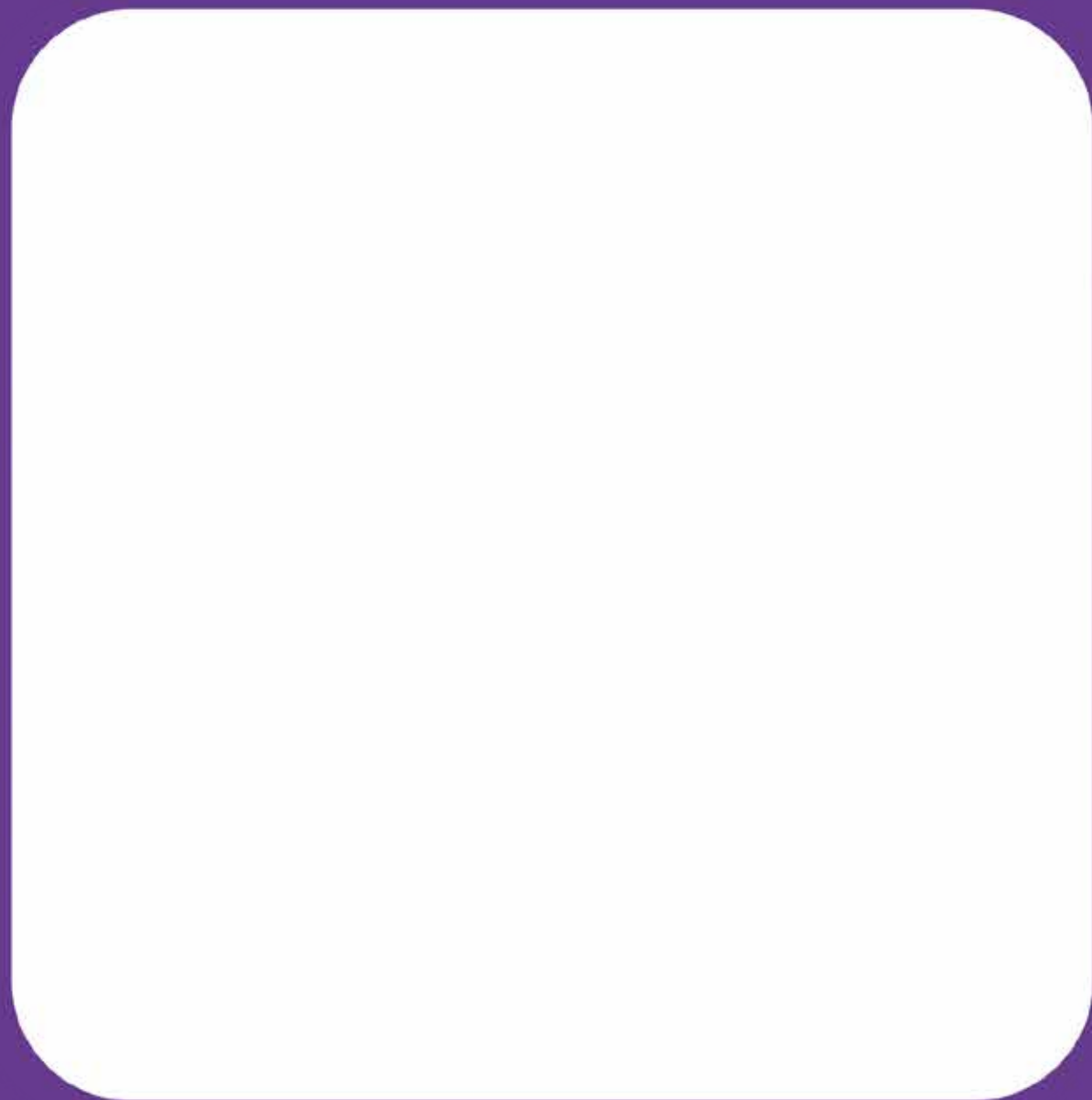
What I want to do  
when I still can





Saying goodbye





Name:

Who filled this in:

Date:

Good day



Bad day



Who helps  
me decide



Family and  
friends



What  
comforts me



What helps  
me communicate



A large, empty, rounded rectangular box with a green border, intended for writing or drawing.

Hospital



A large, empty, rounded rectangular box with a blue border, intended for writing or drawing.

Home



A large, empty, rounded rectangular box with a blue border, intended for writing or drawing.

My room



A large, empty, rounded rectangular box with a blue border, intended for writing or drawing.

Nursing home  
or hospice



A large, empty, rounded rectangular box with a blue border, intended for writing or drawing.

Seeing  
a doctor



Help  
with forms



Nurses in  
my home



Travel



Taking  
medication



Oxygen mask



Feeding tube



Being fed through a tube



Needles



Drip





**Syringe driver**



**Urine catheter**



**Stoma**



**Tests and treatment**



**Tests and treatment**



**Operation**



**Resuscitation**



**Help  
with walking**



**Help in  
the shower**



**Help  
with eating**



Being cared  
for in bed



Being washed  
in bed



What I want to  
do when I still can



Saying  
goodbye



