

# What matters to you?

Here are some things you can yarn about with your health professional to help them understand what's important to you.

Tick/select the ones that are important to you.

- Feeling safe
- Feeling trusted
- Culture: connecting to land and sea
- Physical and spiritual connections
- Physical Social and Emotional Wellbeing
- Sharing your stories
- Sharing your truths
- Personal experiences
- Community, family and kinship

**See your GP if you have questions or concerns about your Heart Health**

This tool uses the "Finding Your Way" model of shared decision making to guide conversations about cardiovascular disease prevention. It was codDesigned with input from Aboriginal And Torres Strait Islander Health Workers/Practitioners and community members. See the "Finding Your Way" guide here: [www.aci.health.nsw.gov.au/shared-decision-making](http://www.aci.health.nsw.gov.au/shared-decision-making)

This resource was developed by the CHAT-GP team at The University of Sydney and the Enhancing Chronic Disease Care Team at The Australian National University.

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