



What to do when facing a serious illness:

3 sets of questions to ask your health care team

Receiving a diagnosis of a serious illness can be overwhelming. Often, people don't know what the journey will look like. These key questions can help you communicate with your health care team so you can better understand your illness.

1

What does it mean to have this serious illness?

- Is the illness curable?
- Will it get worse over time?
- Will it shorten my life?

2

What can I expect now and in the future?

- Can you explain the big picture and the different stages of the illness?
- Am I currently in the beginning, middle or later stage of my illness?



3

How can I prepare for what might come next?

- Can you explain what milestones and decision points are ahead in my illness and care, and how we can plan for them?

Ask yourself what's most important to you and those closest to you, and make sure to share this information with your health care team. Asking questions can be intimidating but will help you be more informed, have more choice and control, and be more prepared.

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