



My Map

THIS BELONGS TO _____

Together we will talk about the things you find important in your care and treatment. Follow the path and

write  draw  think 

WHO I AM

Which words fit you best?



We will discover
- who you are
- what you are going through
- what you wish for

Together we can be brave enough to discover what is important to you, both now and in the future

What does a good day look like to you?

What is your biggest dream?

What helps you get through a bad day?

Who are the most important people in your life?

WHAT I AM GOING THROUGH

Which words go best with what you are going through?

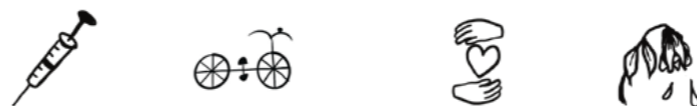
When you think about what you're going through, how does it make you feel?



What have your family and friends noticed of what you are going through?

What do you hope for yourself?

What keeps you awake at night?



Do you ever think about death?

Is this map not suitable for your child? Parents and siblings, please use the other side of the map to express yours/ your sibling's/ your child's perspectives.

Which questions are on your mind that you've never dared ask anyone?

WHAT I WISH FOR

These are my wishes:

For myself

For my care and treatment

For my friends and family

MOVING FORWARD TOGETHER

These things are important in my care and treatment:

Sometimes we may want or need to change direction. In that case we will look for a new route together.

My Map

THIS BELONGS TO...

DIT WHO WE ARE

1. Which words fit you best? And your child/sister/brother?

2. Who are the important people in your lives?

3. What do you like to do together on a good day?

As a parent:

As sister/brother:

4. What helps you get through a bad day?

WHAT WE ARE GOING THROUGH

5. Which words would you use to describe what you are going through?

6. When you think about what you're going through, how does it make you feel?

As a parent:

As sister/brother:

7. What do you hope will happen?

8. What keeps you awake at night?

As a parent:

As sister/brother:

9. What questions are on your mind that you've never dared ask anyone?

As a parent, I wonder about:

As sister/brother, I wonder about:

10. Do you ever think about your child/sister/brother dying?
What are your thoughts about that?

WHAT WE WISH FOR

11. These are our wishes as a family
For ourselves

For our child, our sister/brother

For the care and treatment of our child, our sister/brother

MOVING FORWARD TOGETHER

This is important for the care and treatment of our child, sister, brother

As a parent I think:

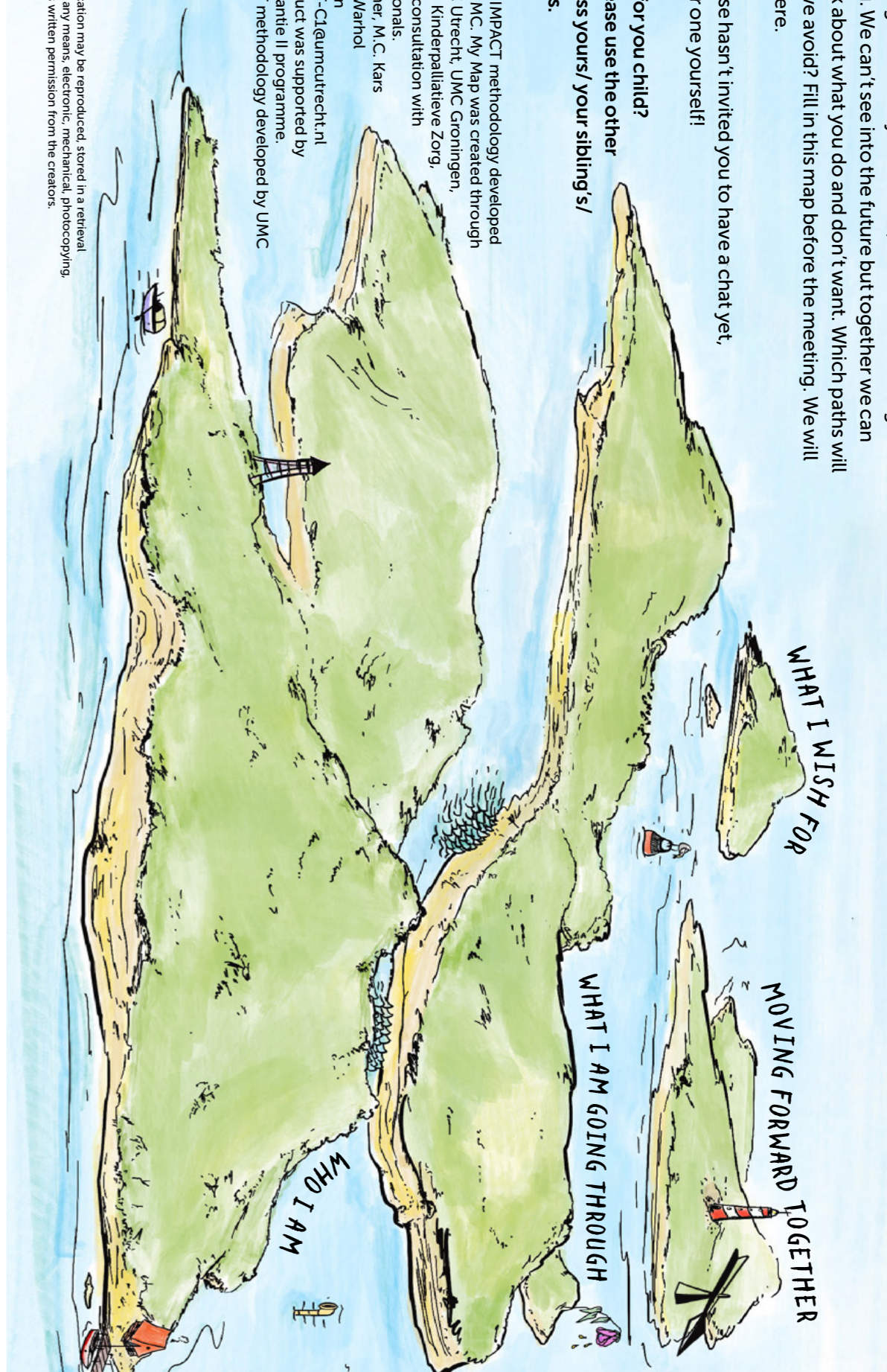
As a sister/brother I think:

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www.hetbelangrijk.nl

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© 2024 My Map based on the IMPACT methodology developed by UMC Utrecht and Erasmus MC. My Map was created through a collaboration between UMC Utrecht, UMC Groningen, Radboudumc, Kenniscentrum Kinderpalliatieve Zorg, Stichting Kind en Zorg and in consultation with children, parents and professionals.
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My Map based on the IMPACT methodology developed by UMC Utrecht and Erasmus MC.



My Map has been designed as a tool to help you talk to your doctor or nurse about what you think is important in your care and treatment, today and tomorrow. We call this 'advance care planning'. It means that we will actively work together. We will talk to each other and listen to what you tell us is important.

We talk to all children who receive long and/or intensive care about the important things in their care and treatment. By talking about who you are, what you are going through and what you wish for, we can discover together what is important to you. We can't see into the future but together we can find the courage to think about what you do and don't want. Which paths we can take and which will we avoid? Fill in this map before the meeting. We will discuss things further there.

P.S. If your doctor or nurse hasn't invited you to have a chat yet, please feel free to ask for one yourself!

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