

My loved ones

Explanation of the illustration

The image shows two people who are very close to each other and symbolizes 'you and your loved ones' or 'you and the people you love around you'.

Example questions

Who do you love the most?

Who loves you the most?

Who is important to you? Who are the people closest to you?

Possible topics of conversation

Love – Love within a family – Love within a household
– Brothers/sisters – Important friendships – Difficult/
broken relationships – Connectedness – Community –
Informal care – Saying goodbye to your loved ones





Living

Explanation of the illustration

The image shows a house, one of the fundamental human needs. A house symbolizes a safe place, a feeling of security.

Example questions

Where have you lived?

What was the nicest or most beautiful place you have ever lived?

Where would you like to live in the future, for example when living at home is no longer possible?

Possible topics of conversation

Feeling at home – Safety – Security – Family life – Possessions – Home improvements – Neighbors – Moving house (whether or not to a nursing home) – Desired place to spend the end of life





Health

Explanation of the illustration

The image shows healthy eating and exercise, symbolizing health (both physical and mental health).

Example questions

How is your health?

Do you have any complaints?

Which complaint bothers you the most?

Can you be happy if your health deteriorates?

Possible topics of conversation

Physical health – Mental health – Physical and mental limitations – Illness – Well-being – Quality of life – Fears about the future – Thinking about the end of life – Death





Treatments

Explanation of the illustration

The image refers to (major) medical treatments.

Example questions

What are your thoughts on doctors?

Are you receiving good medical care?

Do you ever think about your wishes for the final phase of life? And do you talk about them?

Possible topics of conversation

Medical care – Hospital stays – Dependence –

Vulnerability – Looking forward to medical

treatments – Fear of medical treatments –

Stopping medical treatments – Contact with care providers – Euthanasia and/or assisted dying





Money

Explanation of the illustration

The image of coins symbolizes the topic of 'money'.

Example questions

How important is money to you?

What makes someone rich?

What do you think about writing a will?

Possible topics of conversation

Income – Working for money – Volunteering –

Alimony – Mortgage – Rent – Living expenses –

Status – Expensive houses or cars – Investing –

Debts – Healthcare costs – Inheritance – Will





Care

Explanation of the illustration

The image shows a client and a care worker. This may take place at home, in a nursing home or a hospital.

Example questions

What care do you need / what care are you currently receiving?

What do you think about the care you are receiving now? Are you receiving enough care?

Do you feel safe? Do you feel at home?

Possible topics of conversation

Care – Feeling at home – Safety – Security – Staff – Preferred place to spend the final stage of life





Moving house

Explanation of the illustration

The image shows a lady packing moving boxes.

Example questions

Have you ever moved house? How did you experience that?

Did you adjust quickly to your new surroundings?

Would you like to move again?

Possible topics of conversation

Feeling at home – Safety – Security – Family life – Possessions – Home improvements – Neighbors – Moving house – Preferred place to spend the final stage of life





Special Moments

Explanation of the illustration

The image shows a festive moment and symbolizes special moments and moments to cherish.

Example questions

Which special moments in your life do you still think about regularly?

Which moments in your life do you cherish the most?

Which special moments would you like to experience again?

Possible topics of conversation

Becoming a parent – Becoming a grandparent –

Getting married – Weddings – Anniversaries in

(voluntary) work or hobbies – Holidays – First job –

Promotion – Birthday visits/communion – Football/

Baseball World Cups – Going to the pub/snack –

Family weekends





Background / Origin

Explanation of the illustration

The image of a globe refers to the Earth, the existence of different countries, and the place on the globe where someone was born and/or raised.

Example questions

Have you been on any memorable trips? Which countries have you visited?

Do you feel connected to a particular country, region or city?

What is your background? And how has it shaped you?

Possible topics of conversation

Travelling (for leisure or work) – Holidays –

Continents – Other cultures – Planets – Environment

– City and countryside – Identity and origin –

Regional traditions





Youth

Explanation of the illustration

The image refers to the theme of being a child.

Example questions

How do you look back on the time when you were growing up?

What do you remember from your youth?

What is your relationship like with your (grand)children?

Possible topics of conversation

Primary school – First memories – Early childhood – Holidays – Hobbies from the past – Childhood crushes – Clothing – Place of birth – Growing up – Brother(s) and/or sister(s) – Relationship with your parents – Contact with your parents





Intimacy and Sexuality

Explanation of the illustration

The image refers to the theme of intimacy and/or sexuality.

Example questions

What is your experience with intimacy?

How important is sexuality to you?

What needs do you have? Do you talk about them?

Possible topics of conversation

Relationships – Love – Sexuality – Sexual orientation

– Sexual identity – Sexual needs – Abuse –

Relationship problems – Divorce – Friendships –

Flirting





Love and Friendship

Explanation of the illustration

The image refers to the theme of love and/or friendship.

Example questions

How important is love to you?

Have you received love in your life? And have you been able to give love?

What role does friendship play in your life?

Possible topics of conversation

Relationships – Love – Friendships – Flirting – Warmth – Companionship – Arguments – Loneliness – Lost or rediscovered contact – Making new connections/ approaching people





Birth and Growing Up

Explanation of the illustration

The image refers to new life and childhood. This could be your own childhood, but also that of your children or grandchildren.

Example questions

What is your earliest memory?

Did you have a good childhood?

Do you see something of yourself in your children/ grandchildren?

Possible topics of conversation

Own upbringing – Childhood – Raising children or grandchildren – Stories about or experiences with children and grandchildren – Primary school – Adoption – Miscarriage – Abortion – Deceased children





Work and School

Explanation of the illustration

The image shows a classroom and symbolizes school/study/work.

Example questions

What profession have you practiced? What did you think of that?

How do you remember your (primary/secondary) school time?

How important has work been to you?

Possible topics of conversation

Work – Colleagues – Education – Student life –

Life experience – Life lessons – Making choices –

Professions of parents and/or children –

Role models – Household work – Lifelong learning



Music

Explanation of the illustration

The image of listening to music symbolizes music: making music, listening to music.

Example questions

Have you played an instrument?

What is your favorite music?

What does music mean to you?

Possible topics of conversation

Classical music – Certain composers or artists –

Pop music – Orchestra - Concerts and festivals –

Carnival/parties – Musical instruments –

Religious music – Religious experience – Music

that comforts or moves – Dancing – Pop idol –

Funeral music





Animals

Explanation of the illustration

The image of a man, a dog and a cat symbolizes the theme 'Animals'.

Example questions

Have you ever had pets? How important are or have they been to you?

Do you like animals?

Are you more of a cat person or a dog person?

Possible topics of conversation

Pets – Dogs – Cats – Goldfish – Hamsters –

An animal as a companion – Loyalty – Love – Zoos

– Veterinarians – Vegetarianism – Farm –

Deceased pets – Animal suffering





Nature

Explanation of the illustration

The image symbolizes nature.

Example questions

Beach, forest, heath, hills...

What kind of nature appeals to you?

How important is nature to you?

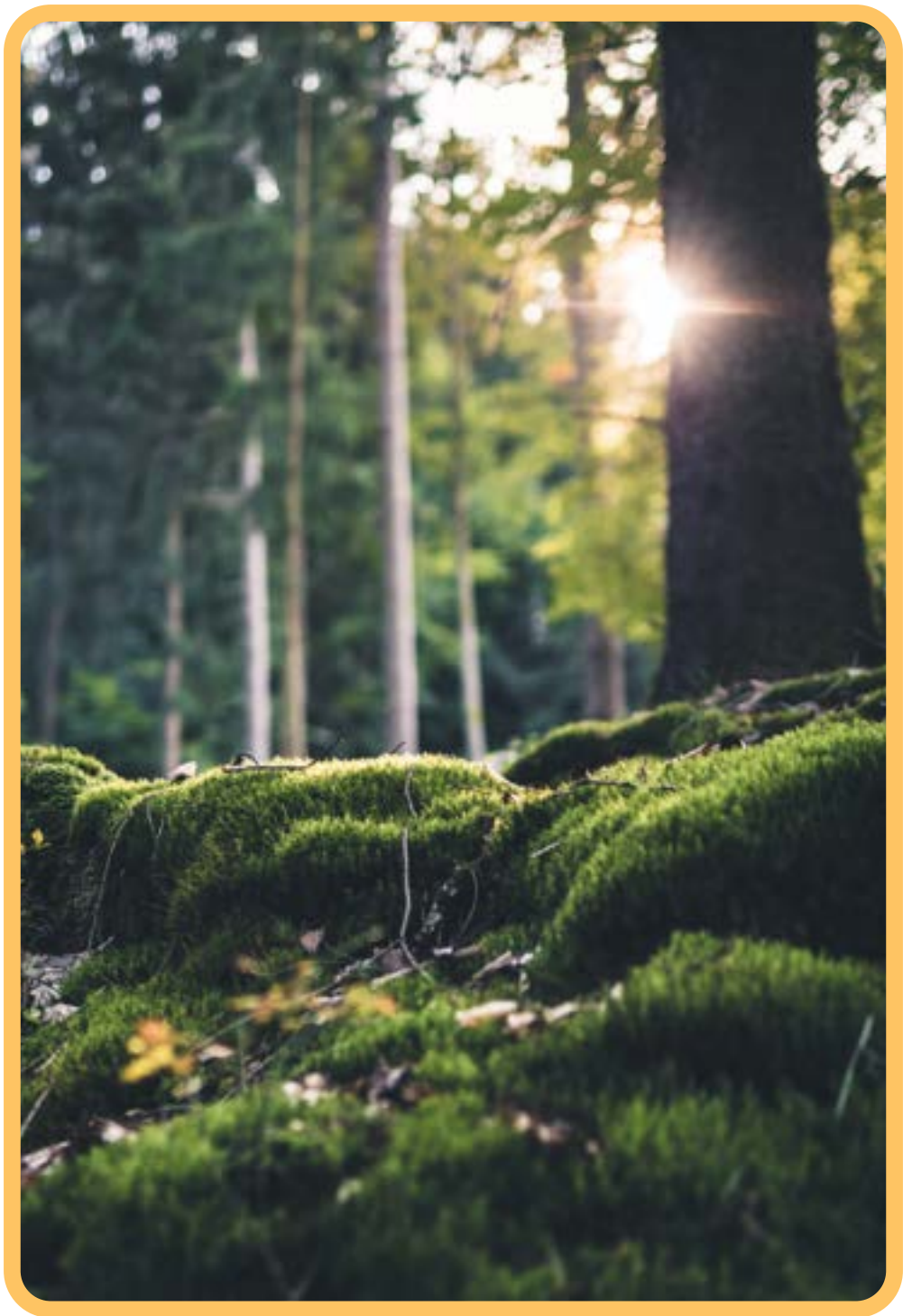
What does it give you, or what do you get out of it?

Are you worried about nature/the environment?

Possible topics of conversation

Walking – Relaxation/recreation – Birdwatching –
Fishing – Mountain climbing – Sea – Forest – Rivers –
Mother Earth/Mother Nature – Planets – Cosmos –
Seasons – Agriculture – Environment – Life cycle





Sports

Explanation of the illustration

The image symbolizes sports, both in an active sense (doing sports yourself) and passive sense (watching sports).

Example questions

Have you played sports in your life?

Do you like watching sport (on TV or live)?

How important is physical exercise to you?

Possible topics of conversation

Running – Football/Baseball – Sports studio (TV program) – Ice-skating – Ski jumping – Cycling – Physical movement – Club loyalty – Being a supporter – Health – Weight – Mobility – Relaxation – Limitations – Injuries





Making Your Own Decisions

Explanation of the illustration

Choosing clothes symbolizes making your own decisions / taking control of your own life.

Example questions

Do you let yourself be guided or do you make your own decisions?

Do you dare to make mistakes?

Who or what is important to you when making a decision?

Possible topics of conversation

Making your own decisions – Not being able or allowed to decide for yourself – Freedom – Decision stress – Resources – Autonomy





Food / Drink

Explanation of the illustration

The image of the plates symbolizes food.

Example questions

What do you like the most to eat? What would you be willing to be woken up for?

Do you like cooking? Have you been a good cook?

What would you like to eat (again)?

What food do you find disgusting?

Possible topics of conversation

Eating out – Snack bar – Restaurant – Pancakes – Ice cream – Fruit – Vitamins – Healthy eating – Eating habits – Rituals around eating (such as praying) – 'Eating what is served' – Diet – Difficulty eating – Taste – Smell of food – Tube feeding – Hunger – Desired diet – Stop eating and drinking





Hobbies

Explanation of the illustration

The image shows people playing cards and symbolizes doing things/activities you enjoy.

Example questions

What do you like to do?

Do you have a favorite game?

Can you handle losing?

Possible topics of conversation

Board games – Table games – Gaming – Cards –

Drawing – Painting – Making music





Hope

Explanation of the illustration

The image of the sun between hands symbolizes hope.

Example questions

What do you hope for?

What do you hope for your loved ones?

Who or what gives you hope?

Possible topics of conversation

Healing – No pain – Contact with partner (or children or other loved ones) – World peace –

A good farewell – Life after death – Heaven –

Reincarnation – Final wishes





Beliefs / Religion

Explanation of the illustration

The image shows symbols of various beliefs.

Example questions

How important is/has been religion or belief to you?

Are you/have you been affiliated with a religious community?

How do you experience your faith or belief in practical terms?

Possible topics of conversation

Faith – Church – Coping with adversity – Meaning of life – Regret – Forgiveness – Support from faith – Praying – Lighting a candle – Ritual – Heaven – Reincarnation – Life after death





Fear

Explanation of the illustration

The image of the lightning bolt symbolizes fear and distress.

Example questions

Has something gone wrong in your life? And how did you deal with it?

What are you afraid of?

Who or what helps you the most when you are scared?

Possible topics of conversation

Thunderstorm – Fears – Anger or aggression – Sword of Damocles – Fear of death – Fear of dying – Fear of life – Fear of life after death – Fear of judgment





Death

Explanation of the illustration

The image of the tombstone symbolizes death.

Example questions

What are your thoughts on death?

What is your experience with death?

Does a 'good death' exist? If so, what does it look like according to you?

Possible topics of conversation

Wishes and expectations about the end of life –

Saying goodbye – Burial or cremation – Funeral

wishes – Quality of life – Loss – Grief – Euthanasia –

Palliative sedation – Pain relief – Talking about death

– Life after death





Time

Explanation of the illustration

The image of the hourglass symbolizes the passing of time.

Example questions

Does time pass quickly?

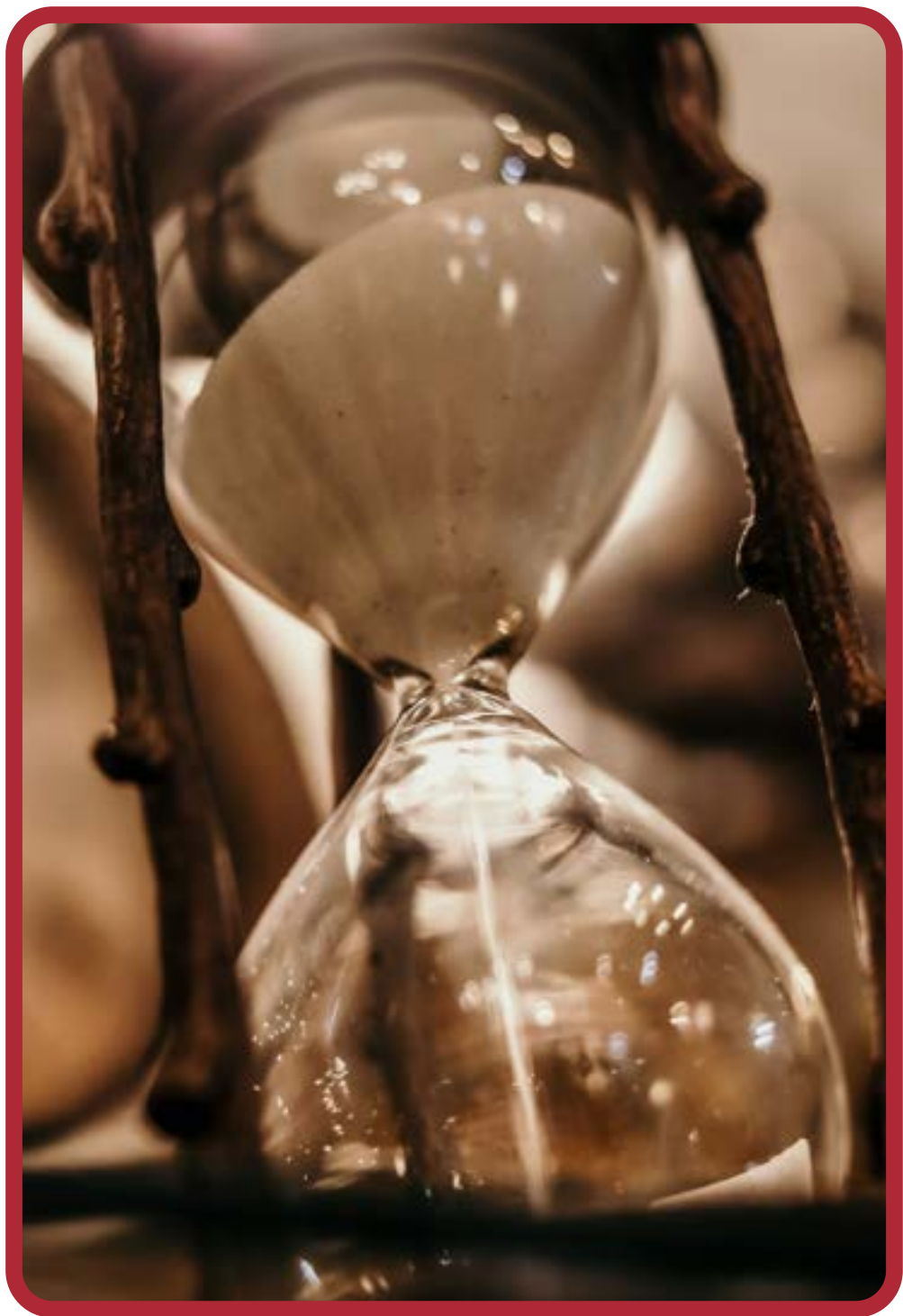
Is time your friend or your enemy?

What would you like to have more time for?

Possible topics of conversation

Past-present-future – Clock – Diary – Experience of time – Biorhythm – Night owl – Early bird – Time lived – Future time – Time for yourself – Time for others





Life Path

Explanation of the illustration

The image of the woman looking at photos symbolizes reflections and musings on the life lived and thoughts about tomorrow, about the future.

Example questions

Have you had a good life? How do you look back on it so far?

Have you had much or little influence on your life path?

Do you ever think about the future? What are your thoughts about the future?

Possible topics of conversation

Special life events – Life milestones – Turning points in life – Origin/roots – Good and bad times – Life motto – History – Quality of life – Lifespan – Regret – Forgiveness – Completion of life





Happiness

Explanation of the illustration

The four-leaf clover in the image is the symbol of happiness.

Example questions

Have you experienced much happiness in your life?

Who or what can make you happy?

Do you have any influence on your feeling of happiness?

Possible topics of conversation

Feeling of happiness – Being happy – Justice and injustice – Misfortune – Depression – Bad luck – Contentment – Well-being – Emotions – Laughter – Humor – Pleasure – Peace





Instructions for Use

How do you use the Conversation Cards?

The Conversation Cards can be used in various ways. Some suggestions:

- Show the client a handful of (selected) photos and let the client choose a card.
- Spread (some of) the cards across a table or place them on the floor. Make sure the photo side is visible (not the text side). Let the client choose a card.
- Create a fan of (a selection of) cards in your hand and ask the client to draw one with their eyes closed.

The Conversation Cards can also be used to start conversations in the context of proactive care planning. Depending on the time and energy you and the client have, you can certainly discuss multiple cards in succession.

Can I also use the Conversation Cards with several people at once?

Absolutely. Some suggestions:

- Take a number of (selected) photos in hand and let the clients each choose a card.
- Create a fan of (a selection of) cards in your hand and ask the clients to draw one with their eyes closed. Then let them, one by one, talk about the photo they have drawn.

How can I encourage the client to tell stories?

You can support storytelling by asking a follow-up question. You may do this directly after showing the photo, or after the client has already responded to it. For example:

- What do you think of this photo?
- Does this photo evoke a feeling? What kind of feeling?
- What do you find beautiful about this photo?
- Could you explain that a bit more? Could you tell me more about it?
- What do you mean by that? Could you give an example?
- What is it like for you to talk about this? What touches you now?

The texts are an addition to the photo. You can use them for inspiration or to get a conversation started.

Keep in mind that the example questions are just a selection of what you could ask in response to the photo. The same goes for the conversation topics. Users are completely free to ask other questions or bring up different topics.

Ultimately, it's about the stories that the client, resident, or loved one shares with you. There is no right or wrong in that.

Colophon

These conversation cards were developed by the DEDICATED-project (Desired Dementia Care Towards End of Life). The project aims to improve palliative care for people with dementia and their loved ones.

For more information, visit: www.dedicatedwerkwijze.nl

Conversation Cards

