

EverGuide 4Ms-Plus™ — What Matters Summary

Participant: Mary H.

Client #: 12345

Facilitator: James Kraft, Ph.D.

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Sample EverGuide Dashboard Content – For Demonstration Purposes Only

What Mary Shared

When we talked about what matters most to her, Mary focused less on medical outcomes and more on whether her life still feels like her own. She spoke about wanting to remain engaged in her daily routines and to continue making her own choices for as long as possible.

“I don’t need everything to be perfect,” Mary said. “I just want to recognize my life and feel like I still have a say in it.” She described independence not as doing everything alone, but as being able to decide how her days are structured.

Mary also spoke about connection. “I don’t want people hovering,” she said, “but I do want to know someone is there if I need them.”

Facilitator Observations

Mary spoke with clarity and calm when describing her priorities. Her language reflected comfort with uncertainty, paired with a strong desire to preserve dignity and agency. She consistently framed her hopes in practical terms rather than abstract goals.

Key Insights

- Maintaining a sense of identity is central to what matters most to Mary.
- Independence is defined by choice and control rather than physical ability alone.
- Connection is important when it feels respectful and mutual.

Encouragement for Family

Mary’s priorities provide a steady reference point as circumstances evolve.

Suggested Next Steps

- Revisit what matters most to Mary during future check-ins.
- Notice when routines or decisions align closely with her stated priorities.
- Keep this summary in mind when navigating changes or choices together.