

How Do I Do Advance Care Planning?



THINK about what's right for you

What are my values, beliefs and understanding about end of life care and specific medical procedures?

LEARN

There are many medical procedures that can be offered at the end of life. Some may improve your quality of life, others may only prolong life. Different people have different thoughts about these procedures.



CHOOSE your Substitute Decision Maker

Choose someone who would honor and follow your wishes, and is able to speak for you if you can't speak for yourself.

TALK about your wishes

with your Substitute Decision Maker, family members and friends who are important to you. Tell your health care team. If you have a written plan, make sure they have a copy.



RECORD

It's a good idea to write down your wishes, or make a recording or video about your wishes for end of life care. Find out what forms are available in your province or territory.

REVIEW

your plan regularly, especially when something in your life changes. Continue the conversation!