

Advanced Care Planning

A process of reflection and communication.

A time to reflect on your values and wishes.

A plan to tell others how you want to be cared for in the future.

Advanced care planning is more than a document outlining your wishes for care at the end of life. It involves a conversation with the people who will represent you if you cannot speak for yourself and giving them the confidence to make decisions during a difficult time. Advanced care planning is thinking about what is important to you, what you value, and what you would want in an end-of-life situation.

Advanced care planning makes sure that important decisions about your health and plan of care are what you want them to be if you are not capable of speaking for yourself.

Tips for advanced care planning

- Have discussions with family, friends and most importantly, your substitute decision maker (the person or people who can speak for you when you cannot).
- Write down your wishes.
- Review and have ongoing discussions in case your health care needs change.

Questions to ask

Do you want certain interventions used to keep you alive, such as machines? Who should know these wishes? How will you make them known? Who will make decisions for you?

Use the back of this page to start making notes.

For more information:

- ask your social worker for a copy of “Making Your Wishes Known” (Hamilton Health Sciences).
- go to www.advancecareplanning.ca

Notes



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