Steps for Advance Care Planning

Think

What matters most to you?

Who could make health-care decisions for you if you cannot?

Talk

Discuss your thoughts with:

- those closest to you.
- your health-care providers.

Plan

Record your wishes.

Share your plan with:

- those closest to you.
- your health-care providers.

Review

Review whenever there is a change in your health, personal life or living situation.

Conversations that count!

More. Better. Earlier

For more information and resources visit:

www.bc-cpc.ca/acp

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Who needs to know about your future health-care wishes?

A quick guide to getting started with Advance Care Planning

BC Centre for Palliative Care

Advance Care Planning helps you get the care that's right for you.

Think about what matters most to you for your future health care.

These are your health-care wishes.

Get started by thinking about these questions:

- What would matter most to me if I became unwell?
- What would I be afraid of if I became unwell?
- Do I have personal beliefs that are important to my health-care wishes?

Advance Care Planning helps you prepare for future health care decisions.

Think about who would make health-care decisions for you if you couldn't.

This is your Substitute Decision Maker.

Some things you may want to consider:

- Do I know who I would like this to be?
- Have I discussed my health-care wishes with them?
- Can they communicate my wishes clearly?
- Could they make tough decisions on my behalf in stressful situations?
- Are they willing and available to take on this role?

B.C. law defines how your Substitute Decision Maker is chosen. For more information visit www.bc-cpc.ca/sdm

Advance Care Planning helps your family be ready should something happen to you.

Talk with those closest to you and your health-care providers.

This is your team.

Conversations with your team about your health-care wishes can be tough, but they are important.

Try using one of these conversation starters:

"I've been thinking about my health and want to talk about what matters most to me."

"I want you to be prepared if you need to make decisions for me."