

Thank you for registering for our information sessions about advance care planning. Here is a list of topics that will be covered during the sessions. There is space for you to take notes during the sessions if you wish.

Session One

What is advance care planning?

Advance care planning is a process of:

- Thinking about your values, beliefs, and wishes for future health care and personal care, and
- Sharing them with the people you trust.

It can include choosing who would make care decisions for you if you cannot.

Who should do advance care planning?

Why is advance care planning important?

When should you do advance care planning?

How to do advance care planning?

Three simple steps: Think, Talk, Plan

Step 1: Think

Think about what matters most to you

Think about who could make decisions for you if you cannot

Step 2: Talk

Talk to the people to you trust about your wishes for future care

Talk to your health-care providers about your wishes for future care



Session Two

How to do advance care planning?

Step 3: Plan

How to prepare your advance care plan

An advance care plan is:

- A **record of what matters most to you**, and
- The **contact information of your potential temporary substitute decision makers**.

It can also include optional legal forms:

- Representation agreement
- Advance directive

Who should you share your advance care plan with?

When and how to review your advance care plan

Additional Notes



Financial contribution from

Public Health
Agency of Canada

Agence de la santé
publique du Canada

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