

Advance Care Planning: Information and Resources to Help Your Clients Get Started



Question & answer tool to help you engage older adults and people living with early stages of dementia in advance care planning

This tool was designed to be used by **staff and volunteers from organizations** that provide supports and services to older adults and/or individuals living with early stages of dementia.

This tool can **help you share information and resources about advance care planning with your clients**, and encourage them to get started.

You can integrate these question and answer scripts into your interactions with family/friend caregivers, for example, during intake, support line conversations, and support groups

Before you use this tool, please review the scripts in their entirety, and familiarize yourself with the content of the resources you will be sharing:

- [My Wishes, My Care: Advance Care Planning Information Booklet](#)
- [You've been asked to be a substitute decision maker, now what?](#)
- Online resource hub: bc-cpc.ca/acpresources

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 (your family, friends and health-care providers).

It can include choosing who would make care decisions for you if you cannot (otherwise known as your substitute decision maker).

We would like to acknowledge and thank [Family Caregivers of British Columbia](#) for inspiring the development of this tool, and contributing to its content.

This initiative is supported by funding from the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of Public Health Agency of Canada. Cette initiative bénéficie du soutien de l'Agence de la santé publique du Canada. Les opinions qui y sont exprimées ne représentent pas nécessairement les positions de l'Agence de la santé publique du Canada.

Financial contribution from



Public Health
Agency of Canada

Agence de la santé
publique du Canada



This work is licensed under a [Creative Commons Attribution-Noncommercial-NoDerivatives 4.0 International License](#).

Introduction:

Our health can change in an instant. Planning for our future health care is an important part of life planning – in fact, it's just as important as financial and estate planning. May I ask you a couple questions about your health-care planning?

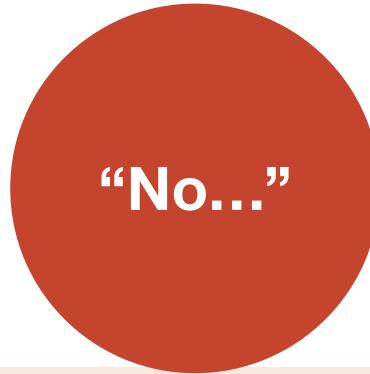
Question 1 of 2:

If you became too ill or injured to speak for yourself, do your family and friends know what your health-care wishes are?

This can include any values, beliefs, or wishes you have for your future health care.



“Yes...”



“No...”

That's great! Planning ahead for future health care is called “advance care planning”, and you've already taken an important first step. Advance care planning also involves thinking about who would be your substitute decision makers if you can't speak for yourself.

What I can do is share a booklet with you that can help you learn more about this process. It'll walk you through the steps of advance care planning and share information on records and legal forms you may want to include in your plan.

Share: [My Wishes, My Care: Advance Care Planning Information Booklet](#)

That's ok! We have some great resources that'll make planning easier.

Sharing your health-care wishes with family and friends is an important part of planning ahead for your own health care – what's called advance care planning.

What I can do is share a booklet with you about this process – it'll walk you through the steps of advance care planning and how to get started.

Share: [My Wishes, My Care: Advance Care Planning Information Booklet](#)

Question 2 of 2:

When we're too ill or injured to make a health-care decision for ourselves, health-care providers will ask someone else to make that decision for us. This person is known as our substitute decision maker.

Do you know who your substitute decision makers would be, according to the law?

“Yes...”

**“I don’t
know...”**

Great! If you’re interested, I can share a guide with you that has a lot of great information about substitute decision makers. It explains the different types of substitute decision makers in B.C. and what their roles, responsibilities, and rights are according to the law. It also contains a step-by-step guide to help them prepare for their role.

You’re welcome to share this with your substitute decision makers too.

**Share: You’ve been asked to be a
substitute decision maker, now what?**

That’s ok! I can share a guide with you that explains the different types of substitute decision makers in B.C. and what their roles, responsibilities, and rights are according to the law. It also contains a step-by-step guide to help them prepare for their role.

You’re welcome to share this with your substitute decision makers too.

**Share: You’ve been asked to be a
substitute decision maker, now what?**