

## Ready to start your advance care planning?

Here's a checklist of resources to help you with each step.



## **Think**

What matters most to you?

Who could make health and personal care decisions for you if you cannot? Review

## **Talk**

**Discuss** your thoughts with:

- the people you trust; and
- your health-care providers.



## Plan

**Record** your wishes. **Share** your plan with:

- the people you trust; and
  - your health-care providers.



Think about what matters most to you

My Wishes My Care: Thinking it Through

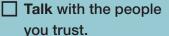
A step-by-step guide to help you think about and record what matters most to you for your future health care and personal care – your values, beliefs, and wishes for future care.



Think about who could make decisions for your if you cannot

You've been asked to be a substitute decision maker, now what?

A guide to help you understand the role and responsibilities of temporary substitute decision makers and representatives. You can share this guide with your family and friends to help them prepare for their roles.



These conversation starters can you help get the ball rolling with your family and friends:

- My Wishes My Care: Starting the Conversation
- More conversation starters



☐ Talk with your health-care providers

See <u>page 10</u> of the Advance Care Planning Information Booklet for tips and conversation starters.



<ul><li>☐ Plan: prepare your advance care plan</li><li>Essential information:</li><li>☐ A record of your wishes</li></ul>	My Wishes My Care: Thinking it Through You can complete the guide as a written record, or use the content of this guide to make a video or audio recording of your wishes.
A list of your temporary substitute decision makers	Temporary Substitute Decision Maker Contact List  A template to help you record the contact information of people who might be asked to make health-care decisions for you when you cannot. You should include notes on who does not qualify and why.
Optional legal forms and medical orders:  Representation agreement (legal form)	Learn about Representation Agreements Guides to help you understand the two different types of representation agreements and how to make them:  • About the standard representation agreement (section 7)  • About the enhanced representation agreement (section 9)
Advance directive (legal form)	Advance Directive  Talk to your doctor before making an advance directive. The  Government of B.C. provides a template in the advance care planning guide - My Voice: Expressing My Wishes for Future Health Care  Treatment (page 50).
<ul><li>Medical orders:</li><li>MOST Form</li><li>No CPR Form</li></ul>	<ul> <li>Learn about Medical Orders</li> <li>There are two medical orders available in B.C. for recording instructions for health care. They must be completed with a doctor or a nurse practitioner.</li> <li>About the Medical Orders for Scope of Treatment (MOST) Form</li> <li>About the No Cardiopulmonary Resuscitation (CPR) Form</li> </ul>
☐ Store your plan in a safe place where it can be easily located if needed (e.g. on your fridge).	
Here's an advance care planning <u>wallet card</u> to carry your information with you.	
☐ Share your plan with the people you trust and your health-care providers.	
Review your plan at regular intervals and when anything changes.	

For more advance care planning resources, visit: bc-cpc.ca/acpresources

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