

About Advance Care Planning

If you had a medical emergency, and couldn't speak for yourself, who would make decisions about your care? Would they know what to do?

Advance care planning helps you describe your wishes, if you cannot speak for yourself. Your plan may include information about your values, goals, and preferences for procedures that you do or don't want to have, as well as other information about your care at the end of life.

The most important aspects of advance care planning are naming one or more Substitute Decision Makers – someone who will speak on your behalf and make decisions for you when you are not able to do so – and having a conversation with them about your wishes.

Your plan can be changed at any time. Your Substitute Decision Maker will only use it if you are not capable of speaking for yourself.

You may never need your plan – but if you do, you'll be glad to know that your voice will be heard, and that your loved ones will have the confidence to speak for you.

More Information

Note: This is a short form version of **Speak Up's Advance Care Planning workbook** that has been reformatted by the **East End Family Health Team**.

For a more detailed version, visit
www.advancecareplanning.ca

or scan the QR code below:



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Speak Up

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Speak Up

Start the conversation
about end-of-life care



Advance Care Planning Quick Guide

It's about conversations.
It's about decisions.
It's how we care for each other.

www.advancecareplanning.ca ➡

Let's get started

My Advance Care Plan

1. Think about what's right for you

What are my values, beliefs and understanding about end of life care and specific medical procedures? What's important to me?

2. Learn about medical procedures

There are many medical procedures that can be offered at the end of life. Some may improve your quality of life, others may only prolong life. Different people have different thoughts about these procedures.

3. Choose a Substitute Decision Maker

Choose someone who would honour and follow your wishes, and is able to speak for you if you can't speak for yourself.

4. Talk about your wishes

Talk with your Substitute Decision Maker, family members, and friends who are important to you. Tell your health care team – and if you have a written plan, share it with them.

5. Record your wishes

It's a good idea to write down your wishes or making a recording or video. There are also forms available in most provinces and territories.

6. Review your plan

It's important to review your plan regularly to make sure it reflects your wishes, especially if something in your life changes. Continue the conversation!

My Information:

Name: _____

Date of birth: _____

Address: _____

Phone number: _____

e-mail: _____

My Substitute Decision Maker is:

Name: _____

Relationship: _____

Phone number: _____

e-mail: _____

The three main things I want people to know if I'm unable to speak for myself:

1. _____

2. _____

3. _____

In addition to this Advance Care Plan, I have also completed the following documents:

(check all that apply and note the location)

☐ **Power of Attorney** Location: _____

☐ **Financial Information** Location: _____

☐ **Insurance** Location: _____

☐ **Will** Location: _____

Other (e.g. organ donation, specific bequests, etc.)

☐ Name of document: _____

Location: _____

Congratulations on making a plan!

Now, make sure to share your plan - with your Substitute Decision Maker, family members, friends, and your health care team

I have discussed my plan with the following people and/or they have a copy:

Name	Relationship	Contact Information
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____