

Follow these **5 STEPS** to advance care planning...



1. THINK: About your values, wishes and beliefs, and your understanding of your care and prostate cancer treatment.



2. LEARN: About different prostate cancer treatments and what they can and can't do.



3. DECIDE: Who will be your substitute decision-maker. Who is willing and able to speak for you if you can't speak for yourself?



4. TALK: About your wishes with your substitute decision-maker, loved ones and health care team.



5. RECORD: Your wishes. It's a good idea to write down or make a recording of your wishes.



Talk to your healthcare team about **Advance Care Planning**

What is Advance Care Planning?

It's thinking about what is important to you if your cancer gets worse, or you have a medical emergency and cannot speak for yourself. You need to decide who would make decisions for you – and tell them what kind of care you would want.

Who should do it?

Everyone should do advance care planning.

Why should you do it?

It can safeguard your wishes for the kind of care you want, and make it easier on your loved ones if they have to make decisions about your care.

When should you do it?

As soon as possible. Do it when you are healthy and review it whenever things change in your life.

I'd like to Speak Up ...and tell you about my plan



Learn more at
advancecareplanning.ca/resource/prostate-cancer/



Do you know how to speak up?

Advance care planning is a time for you to reflect on your values and wishes, and let others know your future health and personal care wishes so that they can speak for you, if you can't speak for yourself.

It's about conversations.

It's about wishes.

It's how we care for each other.



The benefits of ACP

- Improve adherence to peoples' wishes
- Improve patient and family satisfaction with care
- Aid in completing advance directives (where they apply)
- Result in a better quality of life and death

Did you know?

60% of Canadians think it's important to talk about their wishes for end of life care, BUT:

- Only **45%** have had a conversation
- Only **21%** know about advance care planning

Let's change that TODAY by starting the conversation!

Visit advancecareplanning.ca/resource/prostate-cancer/



- Conversation starters
- Workbooks
- Webinars

