

# Speak Up



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



[www.advancecareplanning.ca](http://www.advancecareplanning.ca)



I have had Advance Care Planning talks with this person. **Please contact:**

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone #: \_\_\_\_\_

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



### 1. THINK

About what your values, wishes, and beliefs are, including your understanding of your care and cancer treatment.



### 2. LEARN

About different 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. DOCUMENT

Your wishes by writing them down in a Health Care Directive or a Goals of Care form.

I have a Health Care Directive (HCD)

Name: \_\_\_\_\_

Doctor: \_\_\_\_\_

Location of HCD: \_\_\_\_\_

Have you talked with your loved ones? Yes  No

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Visit [www.myspeakupplan.ca](http://www.myspeakupplan.ca) to download a workbook and start your plan now.