



What is advance care planning?

It's the process of reflecting on my wishes and values for future healthcare, and talking about them with my loved ones and healthcare providers.

It's also a time for deciding on a Substitute Decision Maker; someone who will make healthcare decisions for me if I am unable to do so.

It's about conversations.

It's about wishes.

It's how we care for each other.

By sharing my wishes and values with those around me, I hope to create a team of people who all know what I would want if I couldn't speak for myself.

It's time to have a talk with my team *in case the day comes* when I can't tell you what I want.

**Every team needs to plan—
so let's huddle up!**



Did you know?

Advance care planning helps to prevent conflict during a difficult time, and reduce stress and anxiety.

Talking to my team today means they will be ready to support me and my Substitute Decision Maker when the time comes.

Let's start the conversation TODAY!

Learn more at:

www.advancecareplanning.ca

- Videos
- Workbooks and guides
- Conversation starters
- Wallet cards