ADVANCE CARE PLANNING

Talk to Your Health Care Provider

THINK

about what’s right for you.
What’s most important to you about your end-of-life care?

LEARN

about the different medical procedures that can be offered at the end of life. Some may improve your quality of life, others may only prolong life.

CHOOSE

your Substitute Decision Maker. Choose a loved one who is willing and able to speak for you if you can’t speak for yourself.

TALK

about your wishes with your Substitute Decision Maker, loved ones and health care provider.

RECORD

your end-of-life wishes – write them down, record them or make a video.

www.advancecareplanning.ca