You’re critically injured or ill and can’t communicate. Who will speak for you and make decisions about your care? This holiday season, take these five steps – and give your family and loved ones the gift of knowledge and peace of mind:

1. **THINK** about what’s important to you
2. **LEARN** about different medical procedures and what they can or can’t do
3. **CHOOSE** a substitute decision maker – someone who is willing and able to speak for you if you can’t speak for yourself
4. **TALK** about your wishes with your loved ones
5. **RECORD** your wishes with an advance care plan

We have the tools you need to make your plan: www.advancecareplanning.ca