

Speak Up



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

Please visit www.advancecareplanning.ca or nshpca.ca/advanced-care-planning or see our new interactive workbook at www.myspeakupplan.ca



NOVA SCOTIA
Hospice Palliative Care
ASSOCIATION

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



1. THINK

What are your values, wishes, beliefs and understanding about your care and specific medical procedures?



2. LEARN

About different medical procedures and what they can and can't do.



3. DECIDE

Who will be your 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 substitute decision-maker, loved ones and your doctor.



5. RECORD

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

Visit www.myspeakupplan.ca and start your plan now.