


Speak Up

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



Please visit
www.advancecareplanning.ca
or see our new interactive workbook at
www.myspeakupplan.ca 



CANCER *Care*

A PROGRAM OF EASTERN HEALTH

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

Name: _____

Relationship: _____

Phone #: _____



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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.

I have an Advance Health Care Directive (AHCD)

Name: _____

Doctor: _____

Location of AHCD: _____

Have you talked with your family? Yes No