

Speak Up

Start the conversation
about end-of-life care

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

Advance Care Planning in 5 steps



THINK

Think about your values, wishes, beliefs and understanding about your care and specific medical procedures.



LEARN

Learn about different medical procedures and what they can and can't do.



DECIDE

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.



TALK

Talk about your wishes with your substitute decision maker, loved ones, and your doctor.



RECORD

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

Speak Up

National Advance Care
Planning Day is **April 16**

Mark your calendar for April 16

April 16th is National Advance Care Planning Day, a day for you to think about and share your wishes for future health care with others.

If you've already had a conversation with your substitute decision maker, April 16th is a great day to review your wishes and talk again.



**It's easy.
Start planning today**

This interactive workbook will help you outline your future health and personal care wishes in the event that you are unable to speak for yourself. It's simple and free.



myspeakupplan.ca

SPEAK UP! Download a campaign kit

Visit our website for a complete list of our tools and resources for patients and families, health care professionals, community organizations, educators, and researchers.

The laws about advance care planning vary in each province / territory. Learn more about your local resources and legal requirements in our "Your Province or Territory" section.



advancecareplanning.ca