

# Did You Know?

## 100% of Canadians will die



8 out of 10 Canadians have never heard of Advance Care Planning



Advance Care Planning is a process of reflecting on and communicating your wishes for end of life care with your family, friends and health team

Only about half of Canadians have had a discussion with a family member or friend about what they would want or not want if they were ill and unable to communicate

## That means 50% of their families don't know their loved one's wishes – and may have some very difficult decisions to make



**Make your wishes known today**



[www.advancecareplanning.ca](http://www.advancecareplanning.ca)

Thank you to our project funders:

