

New This Year:

Behind the Scenes with Host Laurence Fishburne

A short form documentary on the history of Advance Care Planning in Canada will begin airing this April across Canada and the United States.

ACP-Themed Song

A song will be written and performed by an award winning Canadian artist. The song will be accompanied by a video to raise awareness and share experiences showcasing the importance of Advance Care Planning.



Speak Up

April 16th marks National Advance Care Planning Day in Canada

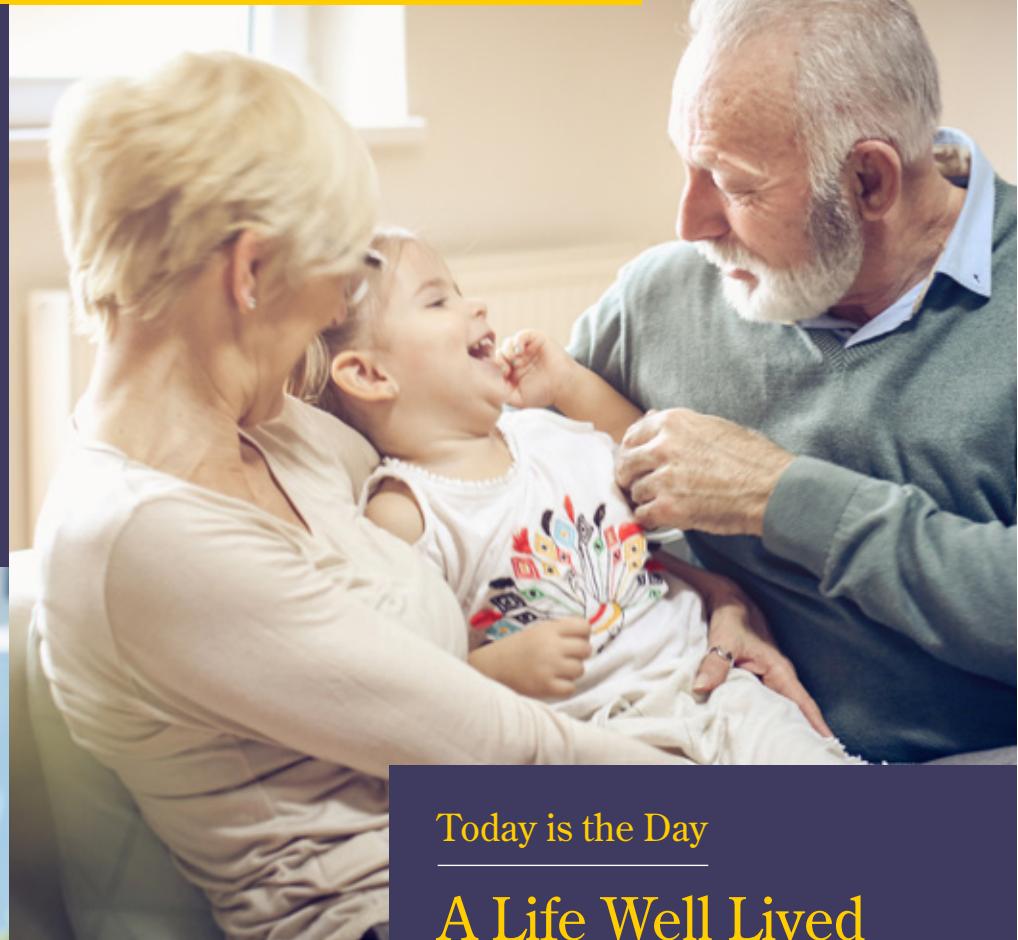
Do your loved ones know your wishes for your future care?

Share your inspiring conversations and stories using the hashtags

#ACPDay2020
#YourCareYourWishes

Learn more at:
www.advancecareplanning.ca

- Videos
- Workbooks and guides
- Conversation starters
- Wallet cards



Speak Up
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Today is the Day
A Life Well Lived
is a Life Well Planned!

This Advance Care Planning Day, between 6 and 8 pm,
start the conversation with your loved ones.



What is advance care planning?

It's the process of reflecting on my wishes and values for my future healthcare, and talking about them with my loved ones, healthcare providers, and life planning professionals.

It's also a time for deciding on a Substitute Decision Maker; someone who will make healthcare decisions for me if I am unable to do so.

It's about conversations.

It's about wishes.

It's how we care for each other.



Did you know?

Advance care planning helps to prevent conflict during a difficult time, and reduce stress and anxiety. Talking to my loved ones today means they will be ready to support me and my Substitute Decision Maker when the time comes.

***A life well lived
is a life well planned!***

***Let's start the conversation
TODAY!***

How do I begin advance care planning?

Follow these 5 steps:



1-Thinking

About my values, wishes, beliefs, and my understanding of my care and treatment.



2-Learning

About different medical procedures and treatment options.



3-Deciding

Who will be my Substitute Decision Maker. Who is willing and able to speak for me if I can't speak for myself?



4-Talking

About my wishes with my Substitute Decision Maker, loved ones, and healthcare team.



5-Recording

My wishes and making copies so that my loved ones have access to them.

Here are some of my initial thoughts about my wishes and values to discuss with my loved ones:

