

# Talk to your doctor or other health care professionals about **Advance Care Planning**

**What would happen if you were sick or injured and could not tell doctors what kind of care you wanted?**

**Who would speak for you and make decisions for you?**



## **What is Advance Care Planning?**

It's thinking about what is important to you if you were sick or injured and could not speak for yourself. You need to decide who would make decisions for you – and tell them what kind of care you would want.

## **Why should you do it?**

It can be very hard for others to have to make decisions for you if they do not know your wishes. You need to tell others what you want and do not want if you could not speak for yourself.

## **How do you do it?**

You need to decide who will be your Substitute Decision Maker, or Delegate as they are called in Nova Scotia – the person who would talk for you if you cannot talk for yourself – and talk to them about your wishes. You can also write down your wishes in a Personal Directive. Nova Scotia has legislation which guides how to name a Delegate and record your wishes for future health and personal care. For

more information and a Workbook go to [www.nshpca.ca](http://www.nshpca.ca)

## **Who should do it?**

Everyone should do advance care planning.

## **When should you do it?**

As soon as possible. Do it when you are healthy. Always take time to think about it again when things change in your life.

## **Find out more:**

Ask your doctor or other health care professionals about Advance Care Planning.

## **Visit:**

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

Download the *Speak Up: Advance Care Planning Workbook – Nova Scotia Edition*

NOVA SCOTIA  
**Hospice Palliative Care**  
ASSOCIATION

**Speak Up**

Start the conversation  
about end-of-life care

