

*Make a list,
check it twice.*



If you had a medical emergency and couldn't speak for yourself, who would speak for you and make decisions about your care?

Would they know what to do?

This holiday season, be nice to others and check these off your to-do list:

- ✓ Choose a Substitute Decision Maker — someone who can speak for me and make decisions about my care if I can't speak for myself
- ✓ Talk to that person about my wishes — and maybe write them down
- ✓ Tell my family and health professionals about my wishes and who will speak for me
- ✓ Make a note to review my wishes each year — and to continue the conversation!

Give the best gift — the gift of knowledge.

Find out more: www.advancecareplanning.ca

Speak Up

Start the conversation
about end-of-life care