

## Events

We provide public information sessions to assist people in our communities to understand ACP. Find out about our upcoming sessions on [events page](#).

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## Games to start your own ACP Journey

ACP Canada: [How well do you know me game?](#)

BC Centre for Palliative Care: [Hello Game \(video or pamphlet instructions\)](#)

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## Resources

Fraser Health has a public website that has helpful resources including guides and useful links to plan for your future health care. [Click Here](#)

# Fraser Health Advance Care Planning Newsletter



image: Advance Care Planning Canada

## What is Advance Care Planning?

Advance Care Planning (ACP) gives you control over the health care you get now and in the future.

ACP means thinking about what matters most to you. It involves thinking about what a good day looks like, your values, and wishes for present or future care and then sharing your wishes or instructions with close family, friends, and health care providers.

It also means deciding who will speak for you if you cannot speak for yourself. It is a way to give those who matter to you the confidence to make decisions on your behalf when you are unable.

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*“People have priorities besides just surviving no matter what. You have reasons you want to be alive. What are those reasons?” – Atul Gawande*

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## Contact Us

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Fraser Health has an [ACP team](#) who can help you start your planning.

Contact or visit:

- 1-877-825-5034
- [advancecareplanning@fraserhealth.ca](mailto:advancecareplanning@fraserhealth.ca)
- [www.fraserhealth.ca/acp](http://www.fraserhealth.ca/acp)

## How do I make my plan?

### Here are the 5 Steps

**Think** and reflect what brings your life meaning and joy, what are your values, what does a good day look like.

**Learn** about your current health and the treatments you may face in the future.

**Decide** who would speak for you if you were unable to speak for yourself. Consider who knows you well, and is willing and able to speak for you.

**Talk** to the people who matter to you about what brings your life meaning and how you would like to live.

**Record** your reflections such as your goals, fears, worries, and priorities. You can write your thoughts down or video record them, and then share copies with people that matter to you. You may also wish to complete legal documents or talk with your health care team about medical orders.




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*“Be brave enough to start a conversation that matters.”*

- Margaret Wheatley

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