

5 Steps of Advance Care Planning

Who would speak for you if you couldn't speak for yourself?

Advance Care Planning is a process of reflection and communication.



THINK

about what is most important to you – your values, wishes and beliefs.



LEARN

about your overall health. This may include current conditions you want to better understand.



DECIDE

on your Substitute Decision Maker(s), one or more people who are willing and able to speak, for you if you cannot speak for yourself.



TALK

about your values, beliefs and wishes with your Substitute Decision Maker(s), family, friends and health care providers.



RECORD

your values, wishes and beliefs in your Advance Care Planning Guide, in a letter, poem, video or audio recording.

Advance care planning – it's how we care for each other.
Learn more: www.advancecareplanning.ca

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