

Advance Care Planning: Let's Talk

Advance care planning is a process of reflection and communication in which a capable person makes decisions about the future of health and/or personal care in the event that they should become unable of giving informed consent. The process may involve discussions with health care providers and significant others with whom the person is having a relationship.

Checklist:

- Get the information you need to make informed choices about end-of-life treatments.
- Discuss your thoughts, concerns and choices with those close to you.
- Talk to your doctor about different treatments.
- Choose a trusted family member or close friend who is willing to speak for you if you cannot speak
- Talk to your spokesperson, family and doctor about your choices.
- Discuss your choices often, especially when your medical condition changes.
- Engage others in discussions about end-of-life care issues and encourage them to complete their own advance care plan.
- Get to know end-of-life care services that are available to you, such as hospice and palliative care providers.

... a partnership between

