

# Planning

## ***Write it, speak it, or make an audio/video recording***

What and how you decide to plan will be different, according to where you are in life and how you like to plan.

However, all advance care plans should include a recording of your wishes and a list of your temporary substitute decision makers.

You can express your wishes in a video/audio recording or use a smart-phone app that can be easily shared with your family, friends, and temporary substitute decision makers.

You may want or need to complete legal documents such as a Representation Agreement or an Advance Directive. These are legal documents you make yourself and are available online or in the *My Voice* guide.

You may want to talk with your healthcare team about medical orders. Depending on where you live or receive care, these documents are known as *Medical Orders for Scope of Treatment (MOST)*, *Goals of Care*, *Options for Care*, or *No CPR*.

## **Resources:**

Advance Care Planning Canada

<https://www.advancecareplanning.ca/>

HealthLink BC

<https://www.healthlinkbc.ca/health-feature/advance-care-planning>

Quesnel & District Hospice Palliative Care Association

<https://www.qdhPCA.org/advance-careplanning>

***“It’s never too early, but it can be too late to start your advance care planning”***

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## Think, Talk, Plan.....

### About Advance Care Planning

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

Advance Care Planning is a process that helps you think about and share your beliefs, values, and wishes for your future healthcare. It gives you a voice in decision making and helps you decide who would speak for you if you were unable to speak for yourself.

#### ***Advance Care Planning includes:***

- ***Thinking*** – about what matters most to you and who could be your voice
- ***Talking*** – with to those closest to you about your thoughts and talking to your healthcare team, especially if you have a chronic or serious illness.
- ***Planning*** – Recording you wishes before your health changes and sharing your advance care plan with your family, temporary substitute decision maker, and healthcare team.

# Thinking

Knowing what is important to you will help those closest to you and your healthcare team make treatment if you are not able to speak to yourself

Think about and reflect on:

- What makes each day worthwhile?
- What makes you happy?
- What matters most to you?
- What beliefs guide you?

A good substitute decision maker is someone who could honor your wishes and instructions even if they are different from your own. They are capable of managing conflict and able to stay calm in a crisis.

Think about and reflect on who could be your substitute decision maker(s). Some questions to ask yourself are:

- Who could be your voice?
- Who knows what gives your life meaning, joy, and purpose?
- Who do you trust to respect your wishes and make decisions according to how you would decide for yourself?
- Do you know what a Temporary Substitute Decision Maker is?
- Do you know what a Representative Agreement is?



# Talking

Talk to those closest to you. Below are some suggestions to help you start the conversation.

- Pick a time when you feel relaxed and have time to talk.
- Choose a place where you are comfortable.
- Share your thoughts about what is important to you and what your goals are.
- Talk about your biggest fears and worries for your health in the future

How do you start speaking about your advance care plan? Try to following opening topics:

- I want you to be prepared if you had to make decisions for me
- I want to make sure you understand and could honor my wishes
- I want to talk with you about what is important to me
- I would like you to go with me to medical appointments
- I think it's about important that all of the family understands my wishes

Remember to talk to your healthcare team if you have a serious or advancing illness. Review with the team what is important to you, what living well means to you, how you want to spend your time, and what you are willing to do to gain more time. Some questions to ask are:

- Are my illnesses easily treatable?
- What do my illnesses look like for me in one, two, or five years from now?
- What possible interventions and complications may I face in the future?