

YOUR ADVANCE CARE PLANNING CHECKLIST

WHAT IS ADVANCE CARE PLANNING?

- A PROCESS TO REFLECT AND COMMUNICATE YOUR WISHES WHILE YOU ARE CAPABLE
- IDENTIFYING WHO WILL SPEAK FOR YOU WHEN YOU ARE NO LONGER CAPABLE OF DIRECTING YOUR CARE (“SUBSTITUTE DECISION MAKER”)

WHY IS ADVANCE CARE PLANNING IMPORTANT FOR EVERYONE?

- YOU NEVER KNOW WHEN YOU MAY FACE AN UNEXPECTED EVENT OR ILLNESS AND BE UNABLE TO MAKE YOUR PREFERENCES KNOWN.

STEP	DESCRIPTION	COMPLETE
1	<p>Think about your values – what is important to you – and your wishes regarding future healthcare choices.</p> <p>To help you think about your values please go to www.advancecareplanningontario.ca/acp/acp-workbook/thinking-about-values</p>	
2	<p>Learn about medical information that is relevant to your health concerns (prognosis, benefits, risks, possible outcomes, future health, personal care).</p> <p>For guidance on questions to ask your physicians please go to www.advancecareplanningontario.ca/acp/what-is-the-acp-process/learn-about-illnesses</p>	
3	<p>Decide who will be your substitute decision maker and designate that person(s) as your power of attorney for personal care.</p> <p>For guidance on choosing your substitute decision maker please go to www.advancecareplanningontario.ca/substitutue-decision-makers/who-is-my-sdm#identifysdm</p>	
4	<p>Talk about your values, beliefs and wishes with your substitute decision maker, your loved ones, and health care providers.</p> <p>For guidance on how to talk about advance care planning please go to www.advancecareplanningontario.ca/acp/conversation-starters</p>	
5	<p>Record your values and wishes.</p> <p>To document your plan on one of their free resources please go to www.advancecareplanning.ca/my-plan/</p>	

Please also see our Advance Care Planning Info Session Webinar at <https://youtu.be/mWxLlKz1gNA> and/or contact your health care provider if you would like to discuss Advance Care Planning.