

When should I make an Advanced Care Plan?

It is never too early to plan ahead. You never know when you might be in an accident, or face a serious health condition. If you have a chronic disease, if you are elderly or if your health seems to be getting worse, it is even more important to have a plan in place. Talk to your family about your health care wishes and document your Advance Care Plan.

Review your plan regularly, and update whenever your wishes change. You can change it at any time.

How do I get help making an Advanced Care Plan?

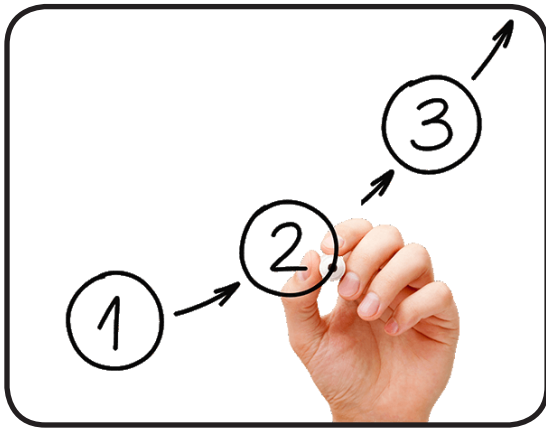
There are several websites and organizations that can help you make an Advanced Care Plan:

- advancecareplanning.ca
- theconversationproject.org
- nidus.ca

PLANNING FOR CARE



Goals of Care & Advanced Care Plans



Sometime in the future you may become too unwell to make decisions for yourself.

What are Goals of Care?

Goals of Care are decisions and plans about your care and treatment based on your desires and fears for the future.

Why are Goals of Care important?

Establishing your goals of care enables care providers to align your care and treatment with what is most important to you. This can improve your quality of life and quality of dying.

When and with who do I discuss my Goals of Care?

Discussing your Goals of Care and end-of-life wishes on a regular basis with your family doctor, nurse practitioner or other health care provider gives you greater control over your quality of life and quality of dying.

How do I start the conversation?

When you have a serious illness, it can be more difficult to talk about your wishes with your loved ones or your primary care provider. You can find a link to a useful handout on the Divisions website:

- divisionsbc.ca/powellriver/resources

What is an Advanced Care Plan?

An Advanced Care Plan formally describes your Goals of Care, in particular for when you are no longer able to communicate or make decisions.

Why is an Advanced Care Plan important?

Sometime in the future you may become too unwell to make decisions for yourself. Without a plan, it falls to others to make decisions about your health care. This can be very stressful. It can also result in care that is not in line with your wishes. Health care providers will refer to your Advance Care Plan if you can no longer communicate or make decisions.