



ADVANCE CARE PLANNING (ACP)

WHAT DOES IT MEAN?

Advance Care Planning is a lifelong process of thinking and talking about the kind of health and/or personal care you would want if, at some point in your life you cannot speak for yourself. The process should include the people you have chosen to speak for you: your Substitute Decision Maker, and may also include health care providers, lawyers, and/or other professionals helping you with your life and care planning. During the conversations that are part of Advance Care Planning, you share your values, beliefs, and wishes, and make sure the people you've chosen to speak for you understand what matters most to you.

Advance Care Planning is part of life planning, which includes financial, estate, and health care planning. People plan for tomorrow so they can live for today.

Advance Care Planning means people are more likely to feel confident that others understand their wishes, and to live and die how and where they want.



IMPORTANCE OF ACP

- Gives people a greater sense of control over their health care decisions
- Makes people feel less anxious if/when they or a loved one experiences a health crisis
- Improves communication and can reduce conflict, strengthen relationships and help family, friends and health care providers work together to provide the kind of care people want.

FOR MORE INFORMATION VISIT THE WEBSITES BELOW:



- <https://www.nicenet.ca/tools/id91>
- <https://www.poetproject.ca/poet-resources/>