

Talk to Your Health Care Provider about Advance Care Planning

What would happen if you were sick or injured and could not tell doctors what kind of care you wanted?

Who would speak for you and make decisions for you?



What is Advance Care Planning?

Advance Care Planning is a process of reflection and communications. It is a time for you to reflect on your values and wishes, and to let people know what kind of health and personal care you think you may want in the future if you become mentally incapable of consenting to or refusing treatment or other care.

Why should you do it?

It can be very hard for others to have to make decisions for you if they do not know your wishes. Research shows us that advance care planning has many benefits, including

- Improving quality of life and quality of end-of-life care.
- Reducing stress and anxiety for patients, families and caregivers
- Improving communication between patients, families and the health care team.

How do you do it?

Talk to your family and friends about your wishes, values and beliefs so they feel confident to make healthcare decisions that reflect what's important to you when you are no longer mentally capable to make those decisions.

Who should do it?

Everyone should do advance care planning.

When should you do it?

As soon as possible. Do it when you are healthy. Always take time to think about it again when things change in your life. Revisit the conversations as your wishes and values change. Conversations should be ongoing.

Find out more:

Ask your health care provider about Advance Care Planning.

Visit: SpeakUpOntario.ca

