



HOT TIP
June 2023

Northern Health Palliative Care Have you done your Advance Care Plan?

If not, use the tool below to start thinking and talking about your wishes.

It's time to talk about Advance Care Planning

Start the Conversation

Use the questions below to start a conversation with the people you trust.

Would you know where to look for a copy of my important personal information?

What do I worry about most when it comes to my future health?

What values, beliefs and activities are most important to me?

Who would I want involved in decisions about my healthcare?

Advance Care Planning is a process of thinking about your values, beliefs, and wishes for future health and personal care, and sharing them with the people you trust.

Do you know my thoughts about being an organ donor?

Which is more important to me – the length of my life or the quality of my life?

Who would I feel most comfortable with helping me with my personal care?

Find more easy-to-use Advance Care Planning information at:
bc-cpc.ca/ACPday

 **BC Centre for Palliative Care**
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