

Northern Health Palliative Care

Advance Care Planning

Having a voice in decisions about your health care treatment is important. By planning in advance, patients can be sure that their family and loved ones are aware of their values and wishes regarding end-of-life care. At times, as health care workers and care providers, we may need to encourage these conversations. This can be difficult and may need to be initiated with our patients at varying stages of illness.

Certain individuals may not have all of the answers to your questions or may not be ready for these discussions. Advance care planning (ACP) conversations can be a process that takes time.

The FIVE STEPS OF ADVANCE CARE PLANNING can make the process easier for your patients:

THINK	about what's right for you. What's most important to you about your end-of-life care.
LEARN	about the different medical procedures that can be offered at the end of life. Some may improve your quality of life and others may only prolong life.
DECIDE	who will be your substitute decision maker. Someone who is willing and able to speak for you if you can't speak for yourself.
TALK	about your wishes with your substitute decision maker, loved ones, and health care provider.
RECORD	your end-of-life wishes – write them down, record them, or make a video.

To help you get started, please visit www.advancecareplanning.ca for resources, including workbooks, videos and more information.

Other helpful resources:

- [BC Centre for Palliative Care – Information About Advance Care Planning](#)
- [Government of BC – Advance Care Planning](#)
- [Indigenous Health – Advance Care Planning](#)
- [Northern Health – Advance Care Planning](#)

Please share this information widely with colleagues, families and stakeholder.

References:

1. www.advancecareplanning.ca; Advance Care Planning
2. Pallium Canada LEAP Core Module 6 Mar 2017