

## Completing an Advance Care Plan

Successful advance care planning begins well before a serious illness. Appoint a substitute decision maker and have the conversations that can aid long-term care staff in providing the best possible care and treatment for you, in the event that you are not able to speak for yourself. Here are a few different websites that can aid you in completing your advance care plan.

- My Voice-Fraser Health Authority

[www.fraserhealth.ca](http://www.fraserhealth.ca)

- A Guide to Advance Care Planning– Ontario Seniors' Secretariat

[www.seniors.gov.on.ca](http://www.seniors.gov.on.ca)

- Planning in Advance for Your Future Healthcare Choices– Fraser Health Authority:

[www.fraserhealth.ca](http://www.fraserhealth.ca)

- Advance Care Planning Workbook- Speak Up– Canadian Hospice Palliative Care Association

[www.advancecareplanning.ca/](http://www.advancecareplanning.ca/)

This tool was created by the  
Bethammi Nursing Home and  
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**Note: many provinces and territories will have specific resources that relate to their own legislation. Download versions of advance care plans that are specific to your area.**

[www.palliativealliance.ca](http://www.palliativealliance.ca)

# Advance Care Planning



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## What is Advance Care Planning

- It is a conversation where a person reflects upon his/her values, beliefs, traditions and expression of wishes about future care. This conversation can lead to the person expressing his/her wishes for treatment and care needs in the event that he/she becomes unable to make those decisions for him/herself (care needs can include but are not exclusive to physical, spiritual, social and emotional needs).
- Wishes may be expressed in any form (verbal, writing, audio, video tape)
- Written advance care planning documents include Power of Attorney for Personal Care and Advance Directives.

## Why is Advance Care Planning Important?

- Completing advance care plans can aid staff of long-term care and ensure that your care or treatment needs at end-of-life are met.
- Advance care planning can also alleviate stress and guilt felt by your family members or loved ones by knowing how you would want to be cared and treated for in long-term care.
- Advance care planning allows you to be in control of the treatment and care that you will receive should you become incapable to speak for yourself.
- As life is unpredictable and beliefs are always changing, revisit your advance care plans and continue ongoing conversations with your substitute decision maker to ensure your wishes are followed.

## Getting Options

- Get the information you need to make informed choices about health care treatments, interventions, and end-of-life care that is offered within your long-term care home.
- Get to know what palliative care and end-of-life care services available to you with your long-term care home and who provides this care?
- How will you communicate any changes in your wishes? Will you talk to long-term care staff when they change? Will family/substitute decision maker/power of attorney notify health care staff?
- Give copies of your written Advance Care Plan to your long-term care home, your doctor, family members and friends.