

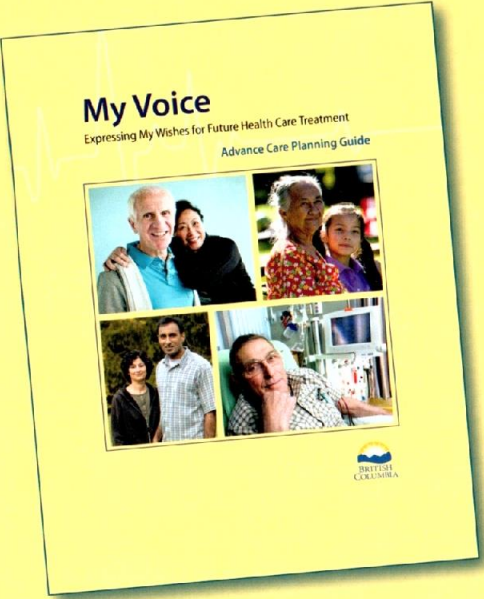
## What to do with your advance care plan

Keep it at home in an easily found location - e.g. placed in a folder and attached to the fridge with a magnet.

Be sure to give a copy to your close family, health care provider, your Representative (if you named one) and any others close to you.

## What if you change your mind?

Circumstances change. Even your beliefs, values and wishes can change. As long as you are capable of making your own decisions, you can cancel or change any part of your advance care plan.



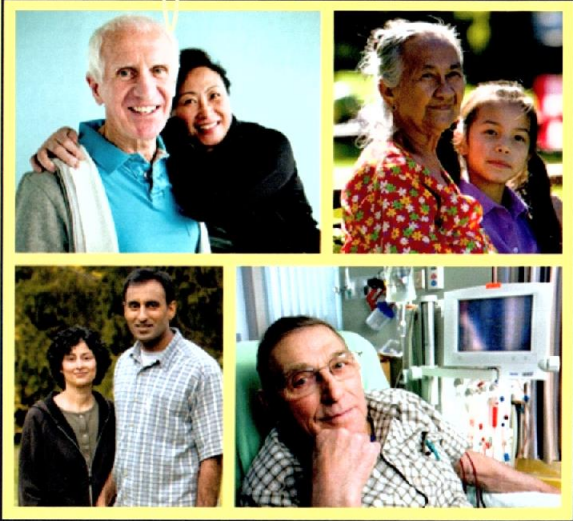
Download the provincial advance care planning guide and workbook at:  
[www.seniorsbc.ca/legal/healthdecisions](http://www.seniorsbc.ca/legal/healthdecisions)

For more information on advance care planning, call HealthLink BC at 8-1-1.



# Advance Care Planning

Expressing your wishes and instructions for future health care treatment



By planning ahead, you have a voice in your future health care decisions and will be sure your wishes are respected.

Every capable adult should think about making an advance care plan.



## What is advance care planning

Advance care planning begins by thinking about your beliefs, values and wishes regarding future health care treatment. It is about having conversations with your close family, friends and health care provider(s) so that they know the health care treatment you would agree to, or refuse, if you become incapable of expressing your own decisions.

By planning ahead you:

- make your wishes and instructions for your future health care known;
- provide your health care team with information to guide them in your care; and
- ease the burden of your loved ones at a difficult time.

## Why you should plan now

You never know when a serious accident or illness may result in you being incapable of making your own personal and health care treatment decisions.

It is never too early to start advance care planning. When the people you trust know what is important to you, it will be easier for them to make decisions on your behalf.

## How to start advance care planning

Tell someone close to you, or your health care provider, that you want to talk about your future health care. Have as many conversations as you need. Use the provincial guide and workbook, *My Voice: Expressing My Wishes for Future Health Care* to guide you and write down your options.

When you write down your wishes and instructions for future health care, you are making an advance care plan. A basic advance care plan consists of the following:

- Conversations with close family or friends, and your health care provider(s).
- A written record of your beliefs, values and wishes for future health care treatment.
- The names and contact information of the people who qualify to be on your temporary substitute decision maker (TSDM) list.

When a TSDM is needed, one person is chosen from this list in the order below (the order is set by B.C. law):

1. Your spouse (married, common-law, same sex)
2. Your son or daughter (age 19 or over, any birth order)
3. Your parent (either, includes adoptive)
4. Your brother or sister (any birth order)
5. A grandparent
6. A grandchild (any birth order)
7. Anyone else related to you by birth or adoption
8. Your close friend
9. A person immediately related by marriage

## Advance care plan options

Your advance care plan can also include:

- A Representation Agreement (RA) where you write your instructions and name someone to make your health and personal care decisions if you become incapable. There are two types: A Section 9 or 'enhanced' RA (allows decisions to refuse life-support), and a Section 7 or 'standard' RA for individuals with lower levels of capability (does not allow decisions to refuse life-support).
- An Advance Directive with your instructions for health and personal care that are given to your health care provider, which he/she must follow directly when it speaks to the care you need at the time.
- Appointing someone to make decisions about your financial affairs, business and property in an Enduring Power of Attorney, which would take effect only when you become incapable.

