

ADVANCE CARE PLANNING

Plan for your health and personal care



What is ACP?

Advance Care Planning (ACP) is the process of planning for your future health and personal care.

Should you fall too ill to communicate or make treatment decisions, your Advance Care Plan helps your medical team and chosen spokesperson to make decisions that are in your best interests.

Why is ACP important?

- You are creating a plan for your future care and treatment.
- You can reduce the stress your loved ones feel during a medical crisis.
- Your wishes for care and treatment can be honoured as much as possible.

A patient cannot express his wishes and preferences because of an illness. **The doctor asks his family which of the treatments he recommends the patient would likely prefer.**

Scenario 1



Scenario 2

He has **no Advance Care Plan** & did not share his care preferences with his family.



No one knows his wishes. His wishes and preferences are not reflected in his treatment.



He previously made an **Advance Care Plan** and shared his care preferences with his family.



His family and healthcare team **know his wishes.** His wishes and preferences are reflected in his treatment.



HOW TO DO YOUR ACP



1 Reflect on what you want

Think about the quality of life you want, and the medical treatment you are comfortable with.



2 Choose your Nominated Healthcare Spokesperson

Your Nominated Healthcare Spokesperson is someone you trust to convey your care preferences, should you no longer be able to do so. He or she is usually a family member or close friend.



3 Record your choices

Make an appointment with an ACP facilitator* to record your preferences on your Advance Care Plan.



4 Review your ACP

Your Advance Care Plan is a reflection of you. As your life changes, you may make new decisions.

When you do, update your ACP and loved ones.



*Find an ACP facilitator here

Note: Your ACP does not dictate future medical decisions. If you lose capacity to make medical decisions in the future, your medical team will take your ACP into consideration, and consult with your loved ones to make decisions in your best interests.