

# Advance Care Planning Resources for Patients

1. **Videos:** [Advance Care Planning - 5 Steps](#)

Available in these other languages:

French

Punjabi

Simplified Chinese

Traditional Chinese

2. **BC Centre for Palliative Care**

<https://bc-cpc.ca/cpc/all-resources/individuals/advance-care-planning/>

3. **For more information including fact sheets and workshops:**

[https://www.fraserhealth.ca/health-topics-a-to-z/advance-care-planning#.W-Hi\\_tJKjb2](https://www.fraserhealth.ca/health-topics-a-to-z/advance-care-planning#.W-Hi_tJKjb2)

4. **My Voice: Expressing my wishes for future health care**

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>

A BC Ministry of Health guide to creating your own advance care plan.

5. **Speak Up Campaign**

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

- Cancer and Advance Care Planning Booklet
- Videos
- Fact Sheets
- Conversation Starters

6. **Nidus Personal Planning Resource Centre and Registry**

<http://www.nidus.ca/>

7. **PREPARE**

<https://www.prepareforyourcare.org/?signup>

Web based advance care planning tool for patients and families available in other languages.

8. **Plan Well Guide**

<https://planwellguide.com/serious-illness-decision-making/>