

**Advance Care Planning** is a process of:

- Thinking about and recording your values, beliefs, and wishes for future health and personal care
- Sharing these wishes with the people you trust and your healthcare team

At BC Cancer, we talk about advance care planning with all of our patients, to make sure we are giving each patient the best possible care.

## 4 REASONS TO TALK ABOUT ADVANCE CARE PLANNING (ACP) WITH YOUR HEALTHCARE TEAM

1

ACP improves your experience of care by focusing on what matters most to you

2

ACP helps you make informed decisions about your health

3

ACP helps your loved ones during an emergency or unexpected event, by making sure your wishes are known

4

ACP supports you in getting the care that's right for you, even if you're unable to speak for yourself

## ADVANCE CARE PLANNING IS A PART OF LIFE PLANNING.

You might have done some other types of life planning already, such as writing a will, saving for retirement, or appointing a guardian for your child.

Advance care planning is another type of life planning. It's planning ahead for your future health and personal care.



### Estate

- Writing a will
- Creating a trust



### Financial

- Saving for education or retirement
- Appointing an Enduring Power of Attorney



### Health and Personal Care

#### ADVANCE CARE PLANNING

- Expressing your wishes
- Appointing a Substitute Decision Maker

For more information on advance care planning visit the BC Cancer website: [www.bccancer.bc.ca/health-info/coping-with-cancer/advance-care-planning](http://www.bccancer.bc.ca/health-info/coping-with-cancer/advance-care-planning) or ask your nurse for a copy of the **My Voice Booklet**

My Voice Booklet

