



ADVANCE CARE PLANNING

Advance Care Planning is a process of:

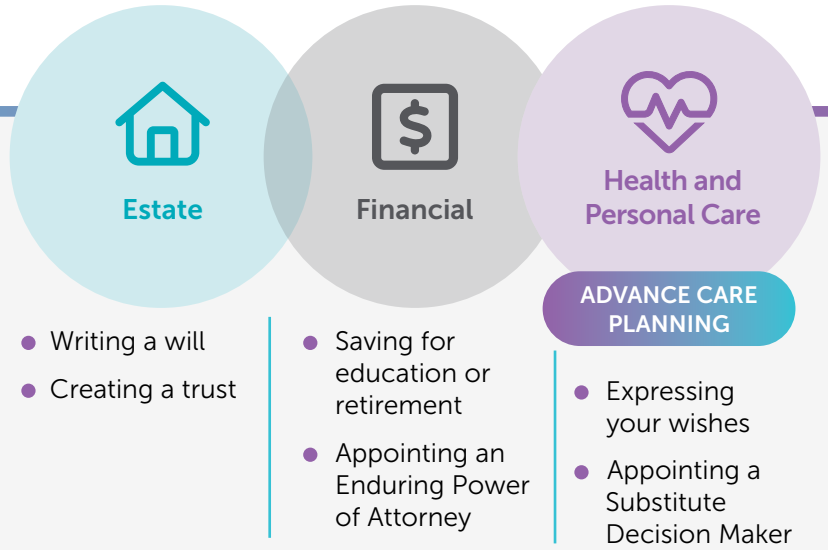
- Thinking about and recording your values, beliefs, and wishes for future health and personal care
- Sharing these wishes with the people you trust and your healthcare team

It can help you get 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.



Advance care planning is something we should all do, regardless of health status or age. It supports us in receiving care that aligns with what we want.

Steps of advance care planning include:

- 1.** Thinking about what matters most to you, including what you value and your wishes about your care.
- 2.** Picking a person to make decisions for you in case you are unable to make decisions for yourself.
- 3.** Recording and sharing your wishes by writing them down, talking to those you trust, or making a video.

Substitute Decision Maker

As long as **you** can understand information about your care options and can communicate your wishes (you are capable), you will be asked to make decisions and give informed consent for any healthcare treatments.

If you are not capable, you will need a **Substitute Decision Maker**. This person will make health and personal care decisions for you, based on **your** values and wishes.

The legal document used to name a Substitute Decision Maker is called a **Representation Agreement**. You can create this without a lawyer or notary. Fill out the Representation Agreement, sign it, and have two people sign as witnesses.

It's important to share your values and wishes with your Substitute Decision Maker so they are prepared to make decisions for you. Your Substitute Decision Maker must honour your wishes and instructions, even if they are different from their own.



Filling out a Representation Agreement is the only way to choose your Substitute Decision Maker in B.C. If you do not have a Representation Agreement, your Substitute Decision Maker will be selected using the Temporary Substitute Decision Maker list below.



Advance care planning provides my family with support and confidence when making decisions for me.

- Patient Partner



Temporary Substitute Decision Maker

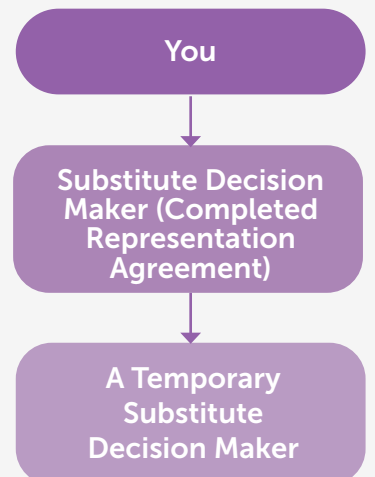
If you are unable to communicate your wishes and have not completed a Representation Agreement, there is a list of **Temporary Substitute Decision Makers** defined by B.C. law.

Your healthcare provider will work down this list below to identify the first available person who qualifies and is willing to act as your Temporary Substitute Decision Maker.

Temporary Substitute Decision Maker List:

1. Your spouse
2. One of your children (equally ranked)
3. A parent (equally ranked)
4. A sibling (equally ranked)
5. A grandparent (equally ranked)
6. A grandchild (equally ranked)
7. Anyone else related to you by birth or adoption
8. A close friend
9. A person immediately related to you by marriage
10. If no one else qualifies: A Public Guardian and Trustee

Who makes decisions about my health and personal care?



Recording Your Wishes

In the event you are unable to speak for yourself, you can make decisions about your health using documents such as advance directives or letters to your loved ones.

Reflecting on and **recording your wishes** can help guide your decision-making throughout your care.

Options for recording your wishes include:

An Advance Directive

An **Advance Directive** is a **legal document** that deals with a specific treatment or condition. It gives instructions to your healthcare provider for a time when you are not capable of giving consent. It is important to talk to your provider about what your health may be like in the future and the treatments you may need.

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Although it can be a difficult, even painful process to go through, I'm comforted knowing that my advance care plan is in place, and that I can make changes to it as I go along, if I so choose.

- Patient Partner

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A Video or Letter

Recording your wishes can be as simple as writing a letter to your loved ones or recording a video. A letter or video may guide your substitute decision maker if they are uncertain. Recordings may include:

- Your values, wishes, and preferences towards care
- Spiritual, religious, or cultural beliefs that are important to you
- Other thoughts or reminders you'd like to share with your loved ones



Advance Care Planning Checklist

- ✓ Think about what matters most to you
- ✓ Decide who you want to make decisions for you in the event you are unable to make decisions yourself (your substitute decision maker)
- ✓ Share your values and preferences with your substitute decision maker and your healthcare team

My Voice Booklet



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



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